

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS & WORLD ATHLETICS

athletics

weekly

APRIL 24th 1982

33p





He can run
100 metres in
10.9 seconds

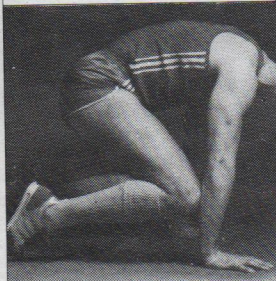
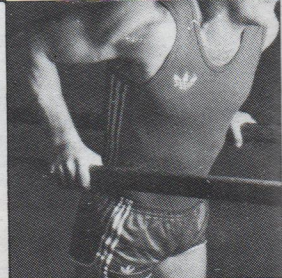


lift 231 lbs
in one go

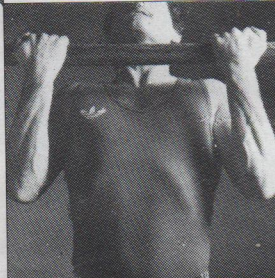
and ride a
standing
 $\frac{1}{4}$ mile in
36 seconds.



In one minute
he can do
80 dips

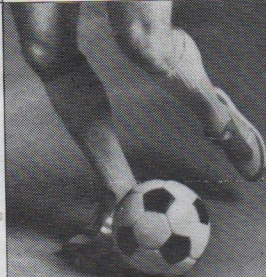


or 96 squat
thrusts

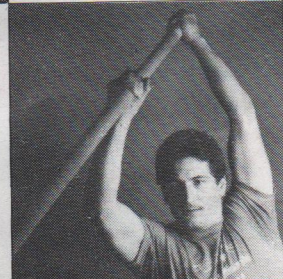


or chin the
bar 40 times.

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at soccer.



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body 18'4"
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athletics weekly

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APRIL 24th 1982

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COVER PHOTO (By Allsport/Duomo)

Steve Scott leads Tom Byers (8) and John Walker in the Wanamaker Mile at Madison Square Garden. Scott won in 3:55.37.

THE WEEK AHEAD

Saturday, April 24th: National 12-Stage Road Relay, Sutton Coldfield; Surrey Champs Part 1 (1st day), Motspur Park; Scottish League Qualifying Match, Grangemouth; Cheshire League; W. Yorkshire League, Cleckheaton; Exeter YA Open Meeting, Clifton Hill Track; Sale Open Meeting, Stretford; WRAF v Loughborough, Nottingham; RAF v Fire Service v British Police, Cosford; Reebok Herne Hill '10', Brockwell Park; Coniston '14', Coniston Water; Rotherham Jubilee '6', Herringthorpe Stadium; Jim Scott Clydebank to Helensburgh Memorial Road Race; Southern 20M Walk Champs, Enfield; Midland 35km & Women's 10km Walk Champs; Northern 20km & Women's 10km Walk Champs, York.

Sunday, April 25th: Surrey Champs Part 1 (2nd day), Motspur Park; Scottish Women's League; National YA League; Reading Open Meeting, Palmer Park; Lincolnshire Warm-Up Meeting, Lincoln; Stretford U/15 Open Meeting; Sospan '7', Llanelli; Tickhill St. Leger Half Marathon; South Shields Open '20' (inc. North Eastern Champs); Cambridge & Col. Vets & Ladies Marathon; Great Cumbrian Run,

Carlisle; Hampstead '10', East Barnet; Gloucester — Cheltenham — Gloucester 18M; Shakespeare Marathon, Stratford-on-Avon; Bolton YA Road Races, Harwood; Scrubs 'Jogalongs', West London.

Tuesday, April 27th: Liverpool Open T&F Meeting, Kirkby.

Wednesday, April 28th: SCAA v Loughborough v Civil Service v Welsh AAA, Crystal Palace; RAF v Cambridge Univ., Cambridge; West London IHE v Cardiff v Alsager Col., Isleworth; Cophall Open Graded Meeting, Inter-Services Marathon Champs, Swindon.

Saturday, May 1st: Scottish WAAA District Champs; Northern Women's Multi Events & Relay Champs (1st day), Kirkby; Midland Women's League; Middlesex Ladies Atlanta Trophy Meeting; Blackburn Open Meeting, Witton Park; Sale Open Meeting Stretford; Chesterfield YA Open Meeting; Sri Chinmoy '4', Ipswich; Egremont 'Round the Houses' Road Races; SB Crosland '10', Royton; Chichester to Portsmouth 25km; White Peak '26'; English Schools Walks Champs, Southend.

Race Walking News

From Colin Young

Another Super Performance By Steve Barry

CARRYING ON FROM his AAA 10km triumph the previous week, Steve Barry put in another splendid effort on a testing, undulating six-lap circuit at Sheffield on March 27th. Having opened up a 30m lead in the first 150m, he had a lonely race as he steadily widened his winning margin. Ian McCombie led the chasers until disqualified on the fourth lap, with Phil Vesty dropping challengers Adams, James, Seddon, Blagg and Parker to take second, only to also be disqualified after the finish.

Mike Parker, making a welcome return to the 'big time', finished very strongly to take second, clear of a determined Paul Blagg, with Brian Adams hanging on for fourth. Besides McCombie and Vesty, other notables to be disqualified — all in the second half of the race — were Dennis Jackson, Dave Jarman and Ian Richards. With 33 judges in attendance the field were under almost constant scrutiny (on average, one judge every 80m), and no less than 199 cards were submitted (110 for disqualification, 82 cautions and seven not valid), resulting in 16 disqualifications, in stark contrast to the AAA 10km held the previous week where the majority of the leading contenders were in action.

Outstanding efforts came from Alan King, Murray Lambden, Rob Elliott and the much improved Dave Staniforth, and Juniors, Mark Easton, Tim Berrett and Mike Smith, all showed speed and stamina, which augers well for the future.

Belgrave comfortably won the team race, being the only leading club not to be hit by the judges decisions or outstanding absentees. Sheffield were without Ray Hankin, John Warhurst and John Eddershaw, but the 'blindners' from Peter Ryan and Darren Engleart, as well as Staniforth. York Postal found yet another in G. White (where do they find them?), but missing Mike Holmes and losing Dennis Jackson was too much for them to challenge Belgrave despite the welcome return of former champion, Chris Harvey.

The favourites for the team title, Leicester WC, looked like they had succeeded as Vesty, Adams and King finished in the first seven, but Andy Trigg had a bad race, and when referee, George Towers (a Leicester stalwart for some 35 years)



Steve Barry lapping competitors in the RWA 10 miles at Sheffield.

Graham Maynard

had to break the bad news to Phil Vesty, it put the 'blues' out of the team medals.

Surrey, led by Gordon Vale, won the Inter-County title from surprising Essex — strengthened by Peter Ryan — with Sussex third.

The meeting was well supported, with teams from as far as the Isle of Man (Boundary), Dawlish and Weymouth, as well as 'new' teams such as Corby and Stockport and promising youngsters from Bromsgrove, Harborne and Tonbridge.

I understand that the local organisation was excellent, the road surface good, and the fear of a Sheffield 'mountain track' was not founded.

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**From Book Dept., Athletics Weekly, 344
High Street, Rochester, Kent ME1 1DT.**

1, S. Barry (Roath) 68:01
2, M. Parker (Brighton & H). 70:23
3, P. Blagg (Belgrave). 70:37
4, B. Adams (Leic) 71:35; 5, G. Vale (Sy) 72:30;
6, A. King (Leic) 72:56; 7, A. James (Enf) 73:03;
8, M. Lambden (Bound) 73:16; 9, A. Seddon
(Enf) 73:24; 10, R. Dorman (Bel) 73:46; 11, R.
Elliot (Yk. P) 73:50; 12, D. Staniforth (Sheff)
73:58; 13, R. Sheppard (Ang) 74:35; 14, P. Ryan
(Sheff) 74:47; 15, M. Greasley (Sheff) 75:04; 16,
C. Lawton (Bel) 75:06; 17, G. Morris (Stey)
76:03; 18, M. Easton (Sy) 76:06; 19, J. Newnham
(Bel) 76:13; 20, T. Berrett (Ton) 76:17; 21, M.
Smith (Cov) 76:24; 22, G. White (Yk. P) 76:28;
23, B. Graham (Yk. P) 76:38; 24, J. Hall (Bel)
76:58; 25, E. Shillabeer (Dawl) 77:00; 26, J.
Sullivan (Yk. P) 77:01; 27, C. Harvey (Yk. P)
77:04; 28, A. Taylor (Lanc) 77:18; 29, N. Corbett
(B&R) 77:32; 30, D. Thorn (Cov) 77:37; 31, D.
Engleart (Sheff) 78:07; 32, D. Hay (Hav) 78:12;
33, G. Hunwicks (Wey) 78:14; 34, R. Gardner
(Hales) 78:18; 35, S. Tyas (Yk. P) 78:35; 36, A.
Worth (Leic) 78:41; 37, D. Holly (Ang) 78:56; 38,
D. Stevens (Stey) 79:09; 39, G. Crossland 79:19;
40, G. Tranter (RS&B) 79:23; 41, K. Baker (Wey)
79:32; 42, G. Chaplin (Cov) 79:50; 43, S.
Maidment (Stey) 80:00; 44, M. McCann (Yk)
80:12; 45, G. Young (Bound) 80:23; 46, A. Trigg
(Leic) 80:32; 47, S. Till (Sy) 80:43; 48, J.
Errington (Yk. P) 80:48; 49, C. Dark (Ton)
81:04; 50, R. Lancefield (Sy) 81:08;

51, K. Emslie (Cor) 81:25; 52, A. Drake (Cov)
81:45; 53, D. Sheppard (Ang) 81:48; 54, C.
Berwick (Leic) 81:52; 55, I. Harvey (Cov) 82:00;
56, P. Owen (RS&B) 82:07; 57, C. Wallis (Sheff)
82:08; 58, B. Crossland (Sheff) 82:10; 59, R.
Rawlins (Harb) 82:37; 60, D. Rowland (Stey)
82:43; 61, C. Bent (Leic) 82:44; 62, P. Stapleford
(Leic) 82:57; 63, R. Flynn (Dawl) 83:08; 64, N.
Stone (Hav) 83:14; 65, P. Markham (Leic) 83:33;
66, D. Jones (Wey) 83:41; 67, E. Holmquist
(High) 83:43; 68, A. Cracknell (Ton) 83:47; 69,
P. Slimm (Sheff) 84:09; 70, A. Buchanan (B&H)
84:12; 71, S. Whitmore (Leic) 84:13; 72, M.
Karren (Bound) 84:15; 73, J. Engleart (Sheff)
84:21; 74, S. Cooper (Mel) 84:32; 75, R.

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Wallwork (Ang) 84:40. **Teams:** 1, Belgrave 38; 2, Sheffield 59; 3, York Postal 68; 4, Leicester 71; 5, Surrey 96; 6, Coventry 117; 7, Steyning 126; 8, Borough of Enfield 197. (183 started, 167 finished and 16 were disqualified).

Cambridge H Bexley League Races (March 13th). (Snr. 10km): 1, I. McCombie (Camb. H) 46:19; 2, D. Hucks (Camb. H) 47:08; 3, C. Bradley (Med) 49:29; 4, D. Buchanan (B&H) 50:08; 5, A. Buchanan (B&H) 51:36; 6, S. Cooper (Aus) 51:43. (Youths 5km): 1, A. Neve (Ton) 25:36; 2, C. Dark (Ton) 27:47. (Boys 2½km): 1, M. George (B&H) 12:47; 2, D. Clark (S'end) 12:50; 3, F. Pearce (S'end) 13:25; 4, M. Costin (S'end) 13:29. (Women 5km): 1, S. Till (B&H) 27:58; 2, A. Ransome (S'end) 28:14; 3, F. Rider (Camb. H) 28:36. (Girls 2½km): 1, M. Egford (B&H) 14:50; 2, C. Bell (S'end) 15:09; 3, T. O'Reilly (S'end) 15:10; 4, J. McGoadar (Hav) 15:33.

Victory for Paul Blagg, ahead of Gordon Vale, in the Met. WC 11km, at Imber Court (March 14th). The very strong wind really affected times, with only 14 inside 56 minutes as against 29 in the last year's event. Paul Blagg won comfortably, with Gordon Vale, coming back to competition, an encouraging second and a rejuvenated Carl Lawton a close-up third. Last year's winner, Adrian James, did not perform up to his usual current standard and had leading veteran and Stock Exchange colleague, Dave Stevens, close behind. Colin Bradley, winning the RAF race, and John Newnham both had excellent efforts, but behind them there were large gaps in the field.

Belgrave had no opposition in the team race, but it was good to see 1956 Olympic 50km champion, Norman Read, featuring in the Steyning foursome, and Dennis Vale joining his son, Gordon, in the Surrey third place team. The postponement of the event from the usual January date considerably affected the size of the field.

1, P. Blagg (Bel) 49:41; 2, G. Vale (Sy) 50:25; 3, C. Lawton (Bel) 50:45; 4, A. James (Enf) 51:30; 5, D. Stevens (Stey) 51:36; 6, J. Hall (Bel) 52:12; 7, C. Bradley (Med) 52:31; 8, J. Newnham

(Bel) 52:33; 9, E. Shillabeer (Dawl) 52:56; 10, D. Holly (Ang) 54:02; 11, S. Till (Sy) 54:51; 12, D. Salter (Enf) 55:22; 13, M. Scamell (Bel) 55:43; 14, N. Read (Stey) 55:44; 15, D. Bearman (Stey) 56:04; 16, R. Lancelfield (Sy) 56:08; 17, D. Rowland (Stey) 56:30; 18, M. Jones (Dawl) 56:56; 19, S. Bennett (Ilf) 57:30; 20, M. Hesketh (Stey) 57:32. **Teams:** 1, Belgrave 17; 2, Steyning 42; 3, Surrey 47. **RAF Champs:** 1, Bradley; 2, Jones; 3, K. Batten (Trow) 58:38.

Reg Gardner retains Welsh Indoor 3km title as Bob Dobson misses start, at RAF St. Athan (March 20th). Equalling his pb, Reg Gardner had a comfortable victory, but would have had to work much harder if Bob Dobson had not been out on the roads completing his warm-up — the start time had been brought forward over half an hour compared with the time stated in the provisional timetable. The start was, in fact, held up for ten minutes, which allowed John Thomas to just make the line-up, but Bob could not be found. With encouraging times recorded by the Roath and Splott youngsters, there are plenty of lads, like Nathan Kavanagh, trying to emulate Steve Barry. (Snr. 3km): 1, R. Gardner (Hales) 13:44.8; 2, J. Thomas (Roath) 14:58.6. (Youths 3km): P. Chichester (Splott) 15:32.6. (Boys 1500m): 1, K. Taylor (Splott) 7:24.0; 2, D. Katchi (Splott) 7:31.1; 3, L. Evans (Roath) 7:52.6. (Colts 1500m): 1, R. Hutchings (Roath) 7:35.1; 2, L. Taylor (Splott) 7:40.0; 3, I. Duggan (Roath) 8:09.5.

Met. Police 7km, at Chigwell (March 20th). 1, P. Blagg (Bel) 52:34; 2, D. Salter (Enf) 58:56; 3, L. Mockett (Ilf) 60:21; 4, P. Crane (Sy) 60:38.

Helen Ringshaw wins Standard 5km after close tussle with Lisa Langford, at Sheffield (March 27th). Training on the hilly terrain around Steyning stood Helen Ringshaw in good stead as she finally dropped the persistent Lisa Langford in the second half of the race. The Wolverhampton girl, only a couple of months past her 15th birthday, shows exceptional promise, and certainly should be a candidate for international honours in a couple of years. 1, H. Ringshaw (Stey) 26:17; 2, L. Langford (W&B) 26:31; 3, G. Trower (Stey) 27:35; 4, A. Ransome (S'end) 28:00; 5, J. Croot (Bole) 28:09; 6, T. Barkham (Cor) 28:09; 7, J. Jackson (Yk. P) 28:26; 8, P. Blaymire (Sheff) 28:43; 9, M. Brookes (Bole) 28:53; 10, V. Chappell (Stock) 30:01; 11, H. Roe (Bole) 30:12; 12, A. Bent (Leic) 30:21; 13, C. Bean (Stey) 30:33; 14, L. Urquhart (E&E) 30:42; 15, E. O'Rawe (S'end) 30:48. **Teams:** 1, Steyning 11; 2, Bolehall 16; 3, Southend-on-Sea 23.

Bournemouth Piers '6' (March 13th). 1, S. Barry (Roath) 41:41; 2, G. Morris (Stey) 44:45; 3, C. Lawton (Bel) 45:25; 4, M. Parker (B&H) 46:06; 5, D. Stevens (Stey) 46:09; 6, G. Hunwicks (Wey) 46:27; 7, E. Shillabeer (Dawl) 46:41; 8, S. Maidment (Stey) 47:49; 9, K. Baker (Wey) 47:56; 10, D. Jones (Wey) 48:37; 11, N. Read (Stey)

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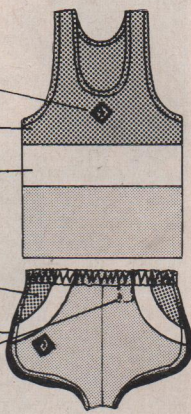
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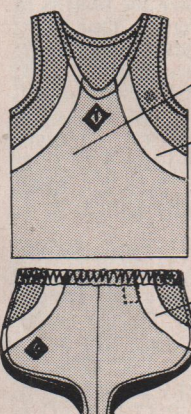


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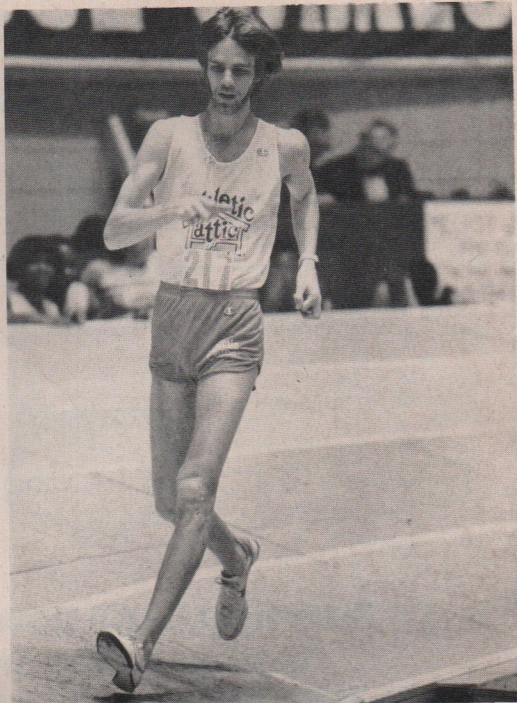
OVERSEAS RESULTS

Jim Heiring & Todd Scully blaze the boards in US indoors meets. Mile: (Los Angeles, Dec. 20th) 1, D. O'Connor 6:17; 2, L. Walker 6:22. Mile: (West Point, Jan. 3rd) 1, T. Edwards 6:17 . . . 5, Susan Liers-Westerfield 7:07. Mile: (Milwaukee, Jan. 9th) 1, Heiring 5:55.2; 2, W. Preischel 6:18.7; 3, M. De Witt 6:19.6. 1500m: (Meadowlands, Jan. 16th) 1, Heiring 5:27.1; 2, Scully 5:32.6; 3, Edwards 5:53.2. Mile: (Philadelphia, Jan. 22nd) 1, Scully 6:01.8; 2, T. Lewis 6:14.1.

New Zealand results. 5km: (Christchurch, Mar. 6th) 1, S. Donnelly 23:01.6; 2, R. Reid 23:05.7; 3, R. Pilkington 23:33.0; 4, M. Hinton 23:46; 5, D. Cameron 23:48; 6, J. Rayner 24:20. 30km Champs: (Christchurch, Mar. 7th) 1, K. Taylor 2:29:31.7; 2, V. Beek 2:37:47.6; 3, Pilkington 2:38:30.8; 4, Donnelly 2:44:41.4; 5, Rayner 2:45:11.4; 6, Cameron 2:47:13.6; 7, I. Wright 2:52:06.0; 8, Hinton 2:53:13.7.

Jim Heiring pictured with both feet off the ground during the mile walk at the Millrose Games in New York, which he won in 5:59.74.

Paul J. Sutton/Allsport



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CHESTER & EP WOMEN'S CC MEETING**At Whithy Park, Ellesmere Port, March 20th**

1, S. Simpkin (Sale) 18:03
 2, S. Hales (Cambridge Univ.) 18:23
 3, B. Abbott (Sale) 18:31
 4, A. Briscoe (Sret) 18:58; 5, A. Pattinson (Cann) 19:00; 6, J. Sykes (Long) 19:11; 7, Sa. Astley (B&F) 19:13; 8, K. Stannard (C&N) 19:32; 9, Sh. Astley (B&F) 19:37; 10, B. Powell (IMM) 19:37; 11, A. O'Hare (Wins) 19:52; 12, J. Rothwell (Liv. P) 19:56; 13, C. Kissack (Warr) 20:05; 14, M. Drath (Ashton) 20:18; 15, J. Scholes (Long) 20:26. **Teams:** 1, Sale 25; 2, Blackpool & F 34; 3, Longwood 45; 4, Winsford 55. **(Vets):** 1, E. Deady (Chor) 21:54; 2, J. Aitchsen (Sutt) 22:12. **(Inters):** 1, D. Edwards (Sale) 11:56; 2, B. Brown (Sale) 12:02; 3, J. Gough (Leigh) 12:05; 4, C. Haigh (Holm) 12:18; 5, J. Walton (Warr) 12:40; 6, T. Lavelle (Sutt) 12:49; 7, C. Rigby (Leigh) 12:50; 8, L. Norcross (Sutt) 12:56; 9, J. Bacon (E. Ches) 13:01; 10, S. Boam (E. Ches) 13:02. **Teams:** 1, Sale 22; 2, Sutton (St. H) 36; 3, E. Cheshire 37. **(Juniors):** 1, A. Lyons (Liv) 10:54; 2, H. Wilkinson (Long) 11:02; 3, A. Bithell (Sale) 11:09; 4, S. Thomas (Long) 11:24; 5, D. Fisher (Long) 11:24; 6, C. Godden (Sale) 11:31; 7, D. Potter (Liv) 11:38; 8, S. Hand (E. Ches) 11:45; 9, C. Poole (C&EP) 11:47; 10, L. Collins (Stoke) 11:49. **Teams:** 1, Longwood 49; 2, Chester & EP 83; 3, Salford Met. 89. **(Girls):** 1, L. Hannaby (Sutt) 9:57; 2, J. Ashurst (Sale) 10:07; 3, J. Shepherd (C&EP) 10:10; 4, D. Sharp (Spen) 10:18; 5, A. Middleton (Sale) 10:20; 6, L. Mutter (E. Ches) 10:21; 7, J. Gough (Leigh) 10:21; 8, S. Boulton (Liv) 10:23. **Teams:** 1, Sale 37; 2, Chester & EP 52; 3, Sutton (St. H) 59. **(U/11):** 1, L. Whittaker (O&R) 6:11; 2, E. Gough (Leigh) 6:18; 3, J. Hicks (Leigh) 6:21. **Team:** Leigh.

WARRINGTON PARKLAND RELAYS**At Victoria Park, April 4th**

(Youths): 1, Liverpool Pem. (Kelly) 8:02; Murphy 7:52; Dudley 7:41) 23:35; 2, Stretford (Borders 8:01, Bell 7:54, Burchill 7:46) 23:41; 3, Tipton (Alexander 7:54, Tranter 7:57, Damerell 8:24) 24:15; 4, Warrington 24:31; 5, Bolton 24:38; 6, Blackburn 24:39; 7, Holmfirth 24:51; 8, E. Cheshire 25:02; 9, Liverpool Pem. 'B' 25:09; 10, Sutton (St. H) 25:15; 11, Bingley 25:17; 12, Salford Met. 25:31; 13, Salford 25:53; 14, Telford 26:06; 15, Southport Waterloo 26:11. **Fastest:** Dudley 7:41; Burchill 7:46; Murphy 7:52; Robinson (E. Ches) 7:53; Bell & Alexander

7:54. **(Boys):** 1, Liverpool (Brame 8:40, Holliday 8:03, Grant 7:55) 24:38; 2, Liverpool Pem. (Howells 8:21, Riley 8:17, Biglands 8:23) 25:01; 3, Oldham & R 25:10; 4, Blackburn 25:12; 5, Stretford 25:30; 6, Sutton (St. H) 25:46; 7, Liverpool Pem. 'B' 25:50; 8, Stockport 26:15; 9, Bingley 26:27; 10, Blackburn 'B' 26:34; 11, Bolton 26:37; 12, E. Cheshire 26:45. **Fastest:** D. Ireland (O&R) 7:54; Grant 7:55; Holliday 8:03; Roberts (Sutt) 8:10; Fitzpatrick (Stock) 8:11; Riley 8:17. **(Colts):** 1, Oldham & R (Harvey 8:49, Lees 8:47, Jaeger 9:06) 26:42; 2, Stretford 27:07; 3, Sutton (St. H) 27:25; 4, Liverpool 27:47; 5, Blackburn 27:51; 6, Bingley 27:58; 7, Oldham R 'B' 28:00; 8, Liverpool Pem. 28:30; 9, Stockport 28:33; 10, Warrington 28:34. **Fastest:** Lees 8:47; Harvey 8:49; Haslem (B'burn) 8:56; Tinning (Stock) 8:59. **(U/11):** 1, Wells (Warr) 9:00; 2, Mabon (Alt) 9:06. **Team:** Altrincham. **(Women):** 1, C. Price (Bol) 17:02; 2, K. Pilling (Sale) 17:32; 3, S. Little (Bol) 17:02; 4, B. Abbott (Sale) 18:04; 5, S. Lonsdale (Sale) 18:27; 6, C. Haigh (Holm-I) 18:45; 7, J. Crehan (Sutt) 18:55; 8, J. Walton (Warr-I) 18:59; 9, B. Robinson (Bury-V) 19:09; 10, S. Kenyon (Bol-I) 19:13; 11, L. Norcross (Sutt) 19:21; 12, L. Davies (E. Ches-I) 19:28. **Teams:** 1, Sale 11; 2, Bolton 14; 3, Sutton (St. H) 31. **(Juniors):** 1, Sale (Godden 9:52, Ramwell 8:58, McGlashan 10:56) 29:46; 2, Sutton (St. H) (Pinnington 9:59, Cotton 10:17, Rushton 9:48) 30:04; 3, Liverpool 30:16; 4, Salford Met. 30:32; 5, Wirral 31:15; 6, Warrington 31:23; 7, Wirral 'B' 31:31; 8, Pilkington 31:52; 9, Sutton (St. H) 'B' 32:17; 10, Blackburn 32:29. **Fastest:** Ramwell 8:58; Potter (Liv) 9:39; Howell (Liv) 9:43; Rushton 9:48; Godden 9:52; Pinnington 9:59. **(Girls):** 1, Sale (Ashurst 10:09, Dunne 9:58, Saunders 9:31) 29:38; 2, Sutton (St. H) 29:59; 3, Bolton 30:11; 4, Liverpool 30:14; 5, Sale 'B' 30:43; 6, Pilkington 30:50; 7, Blackburn 30:52; 8, Oldham & R 31:26; 9, Telford 31:46; 10, Bingley 31:58. **Fastest:** L. Hannaby (Sutt) 9:26; Saunders 9:31; Heys (Bol) 9:43; Crowther (O&R) 9:47. **(U/11):** Whitaker (O&R) 7:50. **Team:** Notts.

EUROPEAN VETS CLOSING DATE

There has been some confusion about the closing date for this summer's meeting in Strasbourg. The closing date for British entries, though, is **April 27th**, by which time Barbara Dunsford of 71 Hillside Crescent, South Harrow, Middlesex, must receive them as she is delivering them that day, personally, to the French organisers.

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Ilford From Aldershot In TVH Road Relay

THE THAMES VALLEY Road Relay held on March 27th, was this year sponsored by Midland Bank, and run in well nigh perfect conditions. The weather was an organizer's dream, and with no competition this time from the London Marathon, the entries were above average, with 103 teams entered for the open race, and 45 for the Veterans'.

82 teams lined up for the open relay and an inspired run by Martin Duff (16:19) brought Windsor S&E home in the lead on lap one. After leading for most of the way Martin was shunted back into fifth position, but responded valiantly on the approach to the finish and sprinted past his younger rivals. Defending champions, Ilford, finished fourth through Kirk Clifford (16:27), in much closer contention than last year at this stage, and were obviously looking for the double.

Lap two saw Billy Dee run the fastest leg of the day (16:04) bringing Luton from 15th into the lead, chased home by Haringey with London Irish making very good progress into third. Dee's running was a revelation, earning a nod of approval from team-mate Tony Simmons and the rest of the Luton team. Ilford showed their hand on leg three, going into the lead with another fine run by Andy Catton (16:27), who really finds Cranford to his liking. He was strongly challenged by Bill Glad (16:23), who brought

Windsor back into contention improving them from seventh to second place, with Haringey back in third. However, the best run on this stage was performed by Eamonn Martin (16:13) bringing Basildon up from 19th to sixth.

The penultimate lap saw Ilford's Kevin Steere (16:33) consolidate their position in the lead from Haringey's John Kilsby (16:38), and Aldershot making the frame for the first time with Martin Couldwell (16:18). Not to be outdone by his younger team mate, Tony Simmons really attacked the opposition improving four places and achieving the second fastest lap of the day (16:06) and is obviously enjoying his racing once again. The final lap saw Derek Coates (16:57) bring the holders home in first place. He always seemed to have control of the race but was bravely challenged by Aldershot's Pete Bennett (16:44) who gamely persevered to the end, and once again Aldershot finished up the bridesmaid. Colin Moxsom (17:16) closed Haringey into third place, and a gutsy run by Phil Gayter (17:00) finally managed to get the home club into fifth spot, earning a share of the spoils.

The Vets race was a repetition of last year with Reading once again getting the better of Ealing. Ellison (18:16) gave them a fine start with Gaskell (18:30) from Liverpool letting everyone know that their journey was necessary. Bob Allden (18:16) kept Reading in front, challenged only by a fine run from Chris Canton (17:51), and Ealing were back in the hunt. On the final lap Reading played their ace — Gerry Stevens (18:09), ex GB steeplechaser — and he was relentlessly pursued by Mike Barratt (18:00) making inroads into Reading's lead, but only enough to get Ealing the runners-up spot. A classy run by a classy runner, Mike Turner (17:32) — the fastest Vet time — gave Liverpool fourth place, just behind Southampton.

Alf Mignot

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Applicants must be of high academic calibre; they must also be of international standard in their event, or able to produce evidence (e.g. from a national coach) that they are likely to achieve international standard if awarded a scholarship.

For further details apply immediately to Mr. C. L. S. Henderson, Secretary of the Sports Committee, Room 4 West 3.16, University of Bath, Claverton Down, Bath, BA2 7AY. Telephone Bath 61244 Ext. 527.

1, Ilford (K. Clifford 16:27, A. Nicholl 17:05, A. Catton 16:27, K. Steere 16:33, D. Coates 16:57) 83:29;

2, Aldershot F&D (M. Woods 16:40, J. Peel 16:57, M. Binks 17:01, M. Couldwell 16:18, P. Bennett 16:44) 83:40;

3, Haringey (A. Stewart 16:22, M. Ellison 16:58, A. Bridge 16:52, J. Kilsby 16:38, C. Moxsom 17:16) 84:06;

4, Luton (A. West 17:10, W. Dee 16:04, K. Humphrey 18:08, A. Simmons 16:06, M. Beevor 17:42) 85:10; 5, Thames Valley (G. Dugdale 16:53, G. Laing 17:20, C. Thomas 16:44, M. Coram 17:06, Phil Gayter 17:00) 85:16; 6, Windsor S&E (M. Duff 16:19, I. Emery 17:22, W. Glad 16:23, K. Nelson 17:52, A. Pettigrew 17:26) 85:22; 7, Aldershot F&D 'B' 85:46; 8, Westbury 85:53; 9, Reading 86:10; 10,



Derek Coates anchors Ilford to victory in the TVH Road Relay.

Anthony Taylor

Portsmouth 86:30; 11, Old Gaytonians 87:12; 12, Thames Valley 'B' 87:30; 13, Walton 87:50; 14, Southampton & E 88:14; 15, Haringey 'B' 88:42; 16, Hillingdon 88:46; 17, Basildon 89:04; 18, Borough of Hounslow 89:24; 19, Windsor S&E 'B' 89:30; 20, London Irish 89:41; 21, Midland Bank 89:46; 22, Belgrave 89:51; 23, Ilford 'B' 89:56; 24, Thames Valley 'C' 90:09; 25, Elliott 90:31. **Fastest:** Dee 16:04; Simmons 16:06; E. Martin (Bas) 16:13; Couldwell 16:18; Duff 16:19; Stewart 16:22; G. Taylor (Houn) & Glad 16:23; Clifford & Catton 16:27; G. Butcher (Ports) 16:32; Steere 16:33.

(Veterans): 1, Reading (D. Ellison 18:16, R. Alden 18:16, G. Stevens 18:09) 54:41; 2, Ealing & S (D. Case 19:09, C. Canton 17:51, M. Barratt 18:00) 55:00; 3, Southampton & E (B. Switzer 18:36, D. Healy 19:21, P. Birks 17:38) 55:35; 4, Liverpool 56:01; 5, Bracknell 57:05; 6, Walton 57:24; 7, Shaftesbury 57:45; 8, Thames Valley 58:21; 9, Belgrave 58:42; 10, Hillingdon 59:40; 11, Barnet 59:53; 12, Shaftesbury 'B' 60:21. **Fastest:** D. Turner (Liv) 17:32; Birks 17:38; Canton 17:51; Barratt 18:00; Stevens 18:09; Ellison & Alden 18:16.

Next week's issue will include the UK Indoor Rankings for 1982.

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McLaughlin Races Away With N. Ireland Title

NO ONE DEEMED it sensible to dispute John McLaughlin's superiority, and the contest for the 1982 Northern Ireland CC Championship was concluded after less than half a mile. The event, which was sponsored by Craigavon Borough Council, was staged for the eighth consecutive year in Lurgan Park, on February 27th.

Soon after the start, McLaughlin took the lead, and at the end of the first of seven laps he led the chasing group — which included Greg Hannon, Steve Martin, Sam Doherty, Cameron Spence, Terence Greene and Sean Millar — by 11 seconds. At the finish of the second circuit John's advantage was much the same, but the chasing bunch had been whittled down to four — Hannon, Doherty, Spence and Martin. A further group comprising Greene, Michael Lawther, Rod Stone and Ray Curran followed a short distance behind.

By half distance McLaughlin led Hannon — who had moved out of the bunch on the third lap — by 22 seconds, and at this point a seven man cluster — Greene, Martin, Curran, Stone, Spence, Doherty, and Lawther — formed the chasing group. Shortly after halfway, Spence retired from the race injured, and Doherty and Lawther were dropped from the main bunch.

On completion of the penultimate lap, John's lead over Greg had stretched to 40 seconds, and

Brian Rowan reports

Hannon commanded a similar margin of advantage over the following quartet. At the finish, McLaughlin had 45 seconds to spare over Hannon, who in turn finished 51 seconds ahead of Martin. Curran produced a superb performance to finish fourth, and the consistent Stone and Greene completed the first half dozen.

This was McLaughlin's first championship win since he defeated Mike Teer by ten seconds in 1975, and, frankly, it was little more than a country canter for the diminutive Duncairn Harrier. Further down the field, Derek Graham — now a Veteran — finished a creditable 15th. Annadale Striders were resounding winners of the team title.

1, J. McLaughlin (Dunc) 41:30; 2, Greg. Hannon 42:15; 3, S. Martin (Anna) 43:06; 4, R. Curran (Anna) 43:06; 5, R. Stone (Anna) 43:08; 6, T. Greene (Bel) 43:09; 7, M. Lawther (Anna) 43:19; 8, I. Hill (Dunc) 43:28; 9, M. Shields (Dunc) 43:31; 10, E. Oxlade (Anna) 43:39; 11, S. Doherty (Dunc) 44:03; 12, M. McBride (Anna) 44:05; 13, T. Annett (Dunc) 44:20; 14, E. Cunningham (Anna) 44:27; 15, D. Graham (9th OB-V) 44:45. **Teams:** 1, Annadale 41; 2, Duncairn 70.

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RECOGNISE HIM?



Yes, it's Derek Graham, now 40, and a successful veteran. Derek was Northern Ireland's finest ever distance runner with best marks of 3:59.2 for the mile (1966), 8:33.8 for 2 miles (1965) and 13:41.4 for 5000 (1968). At 5000 he was 3rd in the 1965 European Cup Final and 4th in the 1966 European Championship.

W. McLeod

OTHER NORTHERN IRELAND RESULTS

NIAAA v Queens Univ., indoors at the Queens Complex (January 20th). SP: 1, J. Reynolds (AAA) 15:53; 2, M. Atkinson (AAA) 15:30; 3, C. Boreham (QU) 13:56.

Northern Ireland Veterans, Juniors & Boys CC Champs, at Castle Park, Bangor (January 30th). (Vets): 1, D. Graham (9th OB) 17:01; 2, G. Williamson (Sparta) 17:45; 3, W. Brannigan (N. Down) 18:07. Team: N. Down. (Juniors): 1, G. Robinson (Dunc) 34:34; 2, M. Shields (Dunc) 34:51; 3, G. Laing (TVH) 34:58; 4, D. McNeilly (WTH) 34:59; 5, I. Hill (Dunc) 35:22; 6, J. Ross (Dunc. N) 35:26; 7, G. Goodman (Sparta) 35:35; 8, P. McCaffrey (Anna) 35:44; 9, A. Dodds (N. Bel) 35:45; 10, P. McCourt (Sparta) 35:54. Team: Duncairn. (Boys): 1, P. Tweedie (Col) 11:23; 2, M. Connolly (Anna) 11:31; 3, I. Stewart (Silver) 11:38. Team: Annadale.

Crawford Cup 6M CC, at Belvoir Park, Belfast (February 6th). 1, J. McLaughlin (Dunc) 30:53; 2, Greg. Hannon 32:07; 3, S. Doherty

(Dunc) 32:57. Team: Duncairn. (Vets): 1, D. Graham (9th OB) 11:08; 2, G. Graham (N. Down) 12:04; 3, D. Crawford (9th OB) 12:28. (Youths): 1, P. O'Neill (Newc) 16:53; 2, S. O'Neill (B'mena) 17:04; 3, P. McKillop (St. Mal) 17:06. Team: St. Malachy's. (Boys): 1, E. Boyd (B'mena) 8:04; 2, M. Gordon (Lisna) 8:16; 3, D. Sweet (WTH) 8:18.

Indoor League Fixture, at Antrim Forum (February 10th). (Women): HJ: 1, S. McPeake (B'mena) 1.79 (NI indoor best); 2, J. Boyle (Bel) 1.70.

Andersonstown '10' in Belfast (March 14th). 1, J. McLaughlin (Dunc) 48:10; 2, M. Copeland (Bel) 51:11; 3, M. Deane (Bel) 51:36; 4, S. Doherty (Dunc) 51:45; 5, P. McKeown (Dunc) 52:15; 6, P. Younger (Anna) 53:10; 7, J. White (Dunc) 53:20; 8, C. Linden (Bel) 53:35. Team: Duncairn.

Ballyclare '10' (March 27th). 1, Greg. Hannon 50:22; 2, R. Curran (Anna) 51:24; 3, E. Cunningham (Anna) 51:31; 4, P. McCaffrey (Anna) 52:24; 5, J. Young (Albert) 52:26; 6, E. Oxlade (Anna) 52:57; 7, D. McGonigal (B'drain) 53:19; 8, P. Younger (Anna) 54:11. Team: Annadale.

NIWAAA Indoor Champs, at Antrim Forum (March 24th). HJ: 1, S. McPeake (B'mena) 1.75; 2, J. Boyle (Bel) 1.75; 3, J. Robinson (B'mena) 1.70. SP: 1, J. McKernan (U'ville) 11:50; 2, W. Phillips (Bel) 10.94. (Juniors): HJ: U. Fay (Bel) 1.74 (NI indoor best).

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Cathedral Relay A Major Event For Varsity Teams

ALTHOUGH WELL established as an attractive mid-week fixture for local schools, colleges and business houses, the Durham University Cathedral Relay was this year moved to Saturday (March 20th) and thrown open to all Universities following the generous sponsorship by Nike.

55 teams faced the starter and at the end of the first lap around the river-bank course, it was almost impossible to separate Durham Univ. Past 'B' and Leeds (9:59) with the hosts only two seconds in arrears. Lap two saw Ronnie Woods (10:07) take Durham Past 'A' into a narrow lead but, significantly, Durham, Leeds and Edinburgh were all within striking distance and only 11 seconds separated these three.

Lap three was thought by many to be the most interesting with a heavy-looking Brendan Foster (showing the Nike flag), running, but although he managed to hold seventh place for Durham Past 'B' with 10:22, Ian Archibald took Durham into a lead they were not to lose with an outstanding run of 9:31. Behind Durham, Leeds and Edinburgh had a real tussle and even Geoff Turnbull's fine run, after injury, of 9:42 was not enough to prevent the strong Edinburgh team taking second place with Henderson's solo 9.56 settling the battle.

With Nike supplying over £1000 of prizes and 700 free pints of beer (as well as T-shirts) it seems that this event will soon establish itself as an (if not the) outstanding students' relay.

Simon Ponsonby

1, Durham Univ. (P. Verscheuren 10:01, P. Strong 10:39, I. Archibald 9:31, C. Chandler



A little over his old racing weight, Brendan Foster turned out for Durham University Past Students 'B' team.

John Burles

10:16, A. Thomas 10:22, S. Ponsonby 10:12) 61:01;

2, Edinburgh Univ. (K. Mortimer 10:13, C. Cottam 10:38, P. Sigmundsson 10:05, C. McIntyre 10:23, L. Robertson 10:11, C. Henderson 9:56) 61:26;

3, Leeds Univ. (P. Johnson 9:59, G. Brown 10:47, W. Taylor 10:28, G. Turnbull 9:42, K. Ellis 10:38, P. Dodds 10:17) 61:51;

4, Durham Univ. Past 63:14; 5, Newcastle Univ. 63:32; 6, York Univ. 64:06; 7, Cambridge Univ. 64:32; 8, Durham Univ. 'B' 64:53; 9, UCW Aberystwyth 65:12; 10, Leicester Univ. 65:31; 11, Newcastle Univ. 'D' 65:52; 12, Glasgow Univ. 66:10; 13, Manchester Univ. 66:15; 14, Durham Univ. Past 'B' 66:24; 15, Dundee Univ. 66:36. **Fastest:** Archibald 9:31; Turnbull 9:42; Henderson 9:56; Johnson & A. Amos (Dur. U-Past 'B') 9:59; Verscheuren 10:01; J. Harold (Newc. U) 10:02; A. Jenkins (Dur. U-Past 'A') 10:03; Sigmundsson 10:05; R. Woods (Dur. U-Past 'A') 10:07. **(Women):** 1, Edinburgh Univ. (S. Goldsmith 11:48, F. Clark 13:03, A. Linton 12:24) 37:15; 2, UCW Aberystwyth 40:30; 3, Leicester Univ. 42:16; 4, Newcastle Univ. 42:35; 5, Durham Univ. 43:13; 6, Univ. Col. Cardiff 44:37. **Fastest:** Goldsmith 11:48; A. Tooby (UCW Aberys) 11:51; 3, Linton 12:24.

WORKINGTON AMATEUR ATHLETIC CLUB

OPEN TRACK TROPHY MEETING

SATURDAY, 22nd MAY, 1982

at Moorclose Sports Centre, Workington

Start 12.30 p.m.

(Held under AAA & WAAA Laws)

EVENTS

Girls & Boys (8/11 yrs)	70m, 800m
Girls & Colts (11/13 yrs)	100m, 800m
Jnr Women & Boys (13/15 yrs)	100m, 1500m
Inter Women & Youths (15/17 yrs)	100m, 800m, 1500m
Ladies (O/17 yrs)	400m, 3000m
Jnr Men (17/20 yrs)	100m, 1500m
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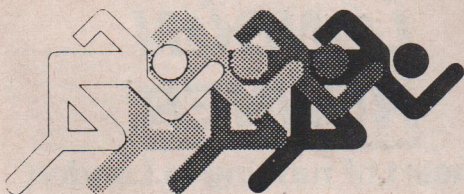
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MILK IN ACTION

MEG RITCHIE IS IN ENCOURAGING FORM



Mark Shearman photo

Having recently been out to Tucson, Arizona, for a week's coaching with Meg Ritchie, **Carl Johnson** reports that all seems set for another good (perhaps even better) summer season.

Two early season competition results of 58.44m and 57.78m indicate little of what is to come. These were set when she was working on a high quantity phase of strength training in which she totalled 210 tonnes. This work has now been completed and the body system is beginning to recover encouragingly. Signs of this are indicated by winter's best lifts of 280lb High Pull, 330lb Clean (not far off best ever) and a pb Bench Press of 300lb, backed up at the track by standing throws over 61m and full throws over 64m.

Due to the quantity of work which has just been completed, her throwing is not yet consistent, but this improved greatly over the week. At Tempe on April 3rd, Meg clicked into high gear with a throw of 63.96m although beaten by Holland's Ria Stalman (64.32).

(Both Meg and Carl would like to record their thanks to Adidas for assistance with the project).

Athletes' Minds: (4) Athletes And Coaches

"I need Lennart. I just want to see him around". (Bjorn Borg, of his coach Lennart Bergelin)

"I hate coaches". (Brian Oldfield)

THE IDEAL athlete-coach relationship would be one which establishes a training discipline, for knowledge, planning and encouragement, all growing from close contact and regular discussion. The nature of the relationship would vary, according to the age and ambitions of the athlete and whether his event were of track or field, but the athlete would be looking for help and the coach would try to provide it. Such a relationship will always be a bit unstable and fluid, because the coach is likely to be older than the athlete, and because two human characters come together. But, the principle of co-operation towards an end is permanent.

By Brian Mitchell

What little has been said or written about the art of coaching always, as far as I can see, puts the emphasis where it should not be — that is, on the coach. That emphasis reaches its silly limit when, for example, a WAAA official said rather petulantly of a decathlete, "He was rude to a respected coach"; or, in the line of thought which deplores the "lack of status" of coaches (Tom McNab went so far as to say that we have never established in this country a "coaching culture"). It seems very arguable whether an athlete can be denied the right to be rude to a coach, respected or otherwise, and status quoting is a pompous activity. In the other corner of the field, it cannot be helpful for an athlete to spurn somebody else's experience, understanding, knowledge, and willingness to help, which might be of use. I think that if I set out to learn, say, bookbinding or carpentry, I would favour advice from somebody who knows about bookbinding or carpentry. In any case, as David Jenkins observed, "One person cannot be motivated all the time". Even a genius such as Borg likes to have somebody alongside him. Great singers take lessons.

So, what state of an athlete's mind might connect him, or her, with another person? What can an athlete get from a coach? What poise and balance should there be between two such people?

The athlete needs to know what training should be done, whether he is a 10,000m man or a high-jumper. Therefore, his mind is open to advice and ideas, which a coach must offer. Moreover, as Maurice Herriott said, "When you are doing this amount of work, it is vital to know that you

are not alone". A little extra will-power is available from the second person, some encouragement and stimulation, which every athlete is going to need at some stage. Coaching is no substitute for talent or for the inner man, but it can help through sticky patches and keep a clear line in view. Most athletes, even those who would deny the value of coaching, have egos that respond to another's enthusiasm, when that is directed at them and designed to lift and flatter them, so long as the flattery is genuine and not too frequent. An athlete can only profit from having a mind that is open to somebody else's workings. Two people can then conjure up the ultimate psychological weapon — high morale.

There are strict limitations on this relationship. If they are not observed, the contact will break. The athlete should know that what actress Dorothy Tutin said is true: "A teacher can lend you attitudes and approaches, but your performance is your responsibility". It is childish to spend too much time with your coach! When you compete, you compete alone. It is best to get used to this. If the athlete cannot get through a training session without his coach, he is not much of an athlete. (I suspect that coaching sessions are for coaches). The very competent, mature athlete

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will value definite, regular but occasional contact; twice a year for a very long talk, once a fortnight for comment, criticism and plotting. In addition, it is pleasing and persuasive to have your counsellor come along to the competition now and again. If he stands alongside you too often, you will feel the draught when he is not there.

The good sense of tolerant, undramatic coaching will reveal itself to an athlete most clearly when he is carrying out, for example, a set track session. No outsider can anticipate or judge accurately how much stress an athlete can absorb at any particular time; the session's pattern can be agreed, in terms of the length of fast stretches, but quantity, speed and recovery rate are not easily predicted. The athlete does not want to be dominated here. A Russian chief coach was once led to observe that one of his coaches had spoiled several sprinters by giving them too much hard running too soon, and it is this kind of mistake which the athlete wants to avoid and which would be avoided by an intelligent pairing. A whistle which controls the speed of the runner, or a technical authority which tightly shapes, from the outside and according to theory, the very special, complex, detailed movements of an individual jumper or thrower may end up by jamming the works. Kevin Hickey, coach to the 1980 British Olympic boxing team, noted, "Anything people like myself do by way of coaching can only be valid in relation to the God-given talent an athlete starts out with. The coaching is not meant to stereotype them. It's meant to exploit their natural abilities and yet keep them aware that certain fundamentals still hold". This, in its way, is a neatly guarded approach.

Therefore, athletes with minds of their own should not be looking out from under a coach, but looking him straight in the eye. (To turn your back on him might be to miss what he has to give you). The principle of co-operation towards an

end will sustain a relationship which is full of the caprice of any human connection, but which contributes its portion to success in track and field. So long as it is remembered that the athlete is climbing the ladder, and the coach merely holding it, all will be well.

© Brian Mitchell, 1982

(The final article in this series will appear next week)

CHANGING THE GUARD

The Changing of the Guard at Buckingham Palace has been changed for this year's Gillette London Marathon! It means that on Sunday, May 9th, some 16,000 runners will be able to stride down The Mall, Britain's most famous road.

The ceremony of the Changing of the Guard will be brought forward that day. The Guards will march along The Mall at 10.30 am, an hour earlier than usual, and an hour later the first of the athletes will run through Admiralty Arch and along The Mall. A few minutes after that, under the shadow of Big Ben, the winner will cross the finishing line on Westminster Bridge.

Race Director Chris Brasher said: "I'm delighted that Britain's premier ceremonial route has been given to us for our Marathon Festival".

This year's Gillette London Marathon will begin outside Greenwich Park at 9.30 am, with a split start. The women and first-time men will line up outside the park gates while the experienced men begin their journey nearby on Shooters Hill Road. The two sections will meet 3½ miles later on Woolwich Church Street.

Course Director John Disley said: "We have here a route which, given the right weather conditions, can produce a world record".

CHINGFORD RELAY

At Chingford, March 20th

1, Ilford (A. Nicholl 16:57, K. Steere 16:38, D. Coates 16:58, K. Clifford 16:54, A. Catton 16:44) 84:11;

2, Haringey (D. Milner 17:09, J. Kilsby 16:24, S. Hunter 17:28, M. Ellison 16:43, G. Ward 16:53) 84:37;

3, Chelmsford (M. Gibbs 17:56, C. Turner 16:46, M. Fletcher 17:08, R. Woodley 16:51, R. Charleston 16:11) 84:52;

4, Highgate 85:19; 5, Old Gaytonians 87:12; 6, Chelmsford 'B' 87:17; 7, Highgate 'B' 88:07; 8, Ilford 'B' 89:04; 9, Essex Beagles 89:58; 10, Southend-on-Sea 90:21; 11, N. London 91:27; 12, Chelmsford 'C' 91:51; 13, Barnet 91:58; 14, Old Gaytonians 'B' 92:47; 15, Woodford Green 92:57. **Fastest:** Charleston 16:11; Kilsby 16:24; M. O'Reilly (High) 16:37; Steere 16:38; Ellison 16:43; Catton & N. Martyn (High) 16:44; Turner 16:46.

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7.45 p.m. 200m — All ages, Men & Women

FIELD: 6.15 p.m. High Jump — All ages, Men
6.15 p.m. Discus — All ages, Women

Entry Fees: O/17 50p; U/17 30p. Payable 'Oxford City AC'. State recent performance.

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FUTURE MEETINGS: June 9th, July 13th, August 10th, September 7th. SAE for full schedule and entry forms.

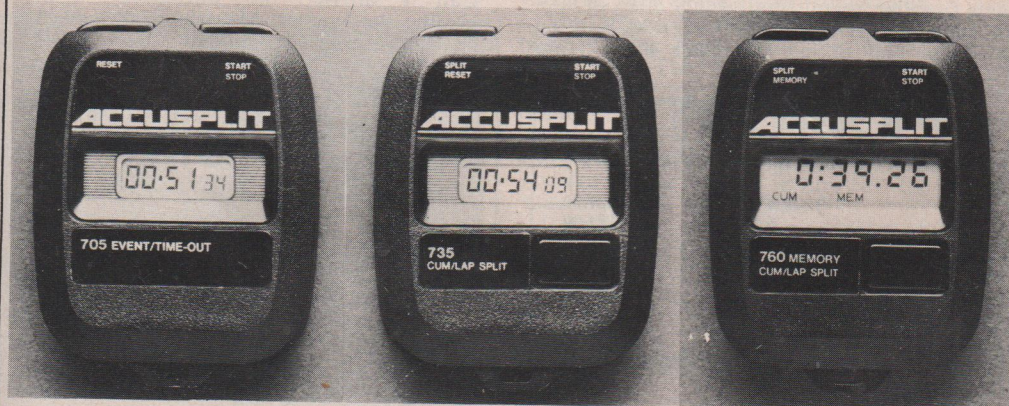
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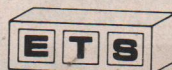
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Readers' Letters

LONDON MARATHON

Dear Sir,

I realise people like a laugh in these depressing times, but I wish it hadn't been the London Marathon they had chosen for a joke.

I say this because I think it's very unfair to the men and women who take their running seriously, who go out training every day regardless of the weather or how they feel, spending pounds on shoes, equipment, and special foods, trying to keep in good form not just a few months before a big event, but years, yes YEARS, only to be turned down for the biggest race in London for runners — The London Marathon.

My husband was one of these unfortunate people. He has run for an athletic club for over forty years, he finished second over-fifty in the last London Marathon in the time of 2:43:40 (and that was his first ever marathon), so he started training for marathons hoping to do better this year, only to be rejected.

I feel furious when I hear of these 'celebrities' and 'publicity hunters', trying to get noticed, jogging (weather permitting) twenty miles or so a week, turning a serious RUNNING RACE into a FUN RUN and taking the place away from

dedicated runners who, incidentally, would be only too pleased to run for a charity or be sponsored. I've heard quite a few chosen 'joggers' say they only entered to see if they would be selected, and having been picked out say they don't think they will bother to run. They have prevented my husband and many more RUNNERS being selected.

To be fair, I think the people doing the selecting should have firstly chosen RUNNERS who have finished a marathon.

J. J. Smith (Mrs).
Woodford Bridge, Essex.

Dear Sir,

Thousands of us are still continually plagued by colleagues and casual acquaintances by the question: 'Aren't you running the London Marathon? If not, why not?'. Well, fear not. John Sullivan (Hercules Wimbledon) has come up with the final put-down answer. When asked next time, pause, look a little disappointed, then say: "They won't let me. I'm not a member of EQUITY".

David Cocksedge,
Thornton Heath, Surrey.

ALLAN RUSHMER'S LONDON ENTRY

Dear Sir,

Can I answer the unfounded criticism regarding the London Marathon entry of Allan Rushmer (March 27th issue). As usual when

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SEPTEMBER 26th — 5th TAVERNY INTERNATIONAL MARATHON Paris. A 3 lap fast course ran on town and country roads having a good spectator involvement. 30 mins from the centre of Paris.

OCTOBER 17th — PARIS 20 Km 20,000+ ran this event last year. The course passes some of Paris's most historical and famous buildings.

OCTOBER 31st — PARIS TO VERSAILLES '10'. Without doubt, this is the world's largest participating 10 mile road race with over 24,000 runners in 1981. Undulating with a very sharp 3 km climb. One not to be missed.

MARCH 13th, 1983 — 9th ESSONNE INTERNATIONAL MARATHON Paris. 1982 saw another increase in numbers for this ever growing popular marathon. A fast course, 30 mins from the centre of Paris.

APRIL 23rd — 8th MARATHON DU VAL DE MARNE Paris. One of Europe's fastest and flattest marathon courses. A figure 8 round the perimeter of a section of the River Marne. For 1982, 7 international athletes have been invited through me to run this event. A 4 1/2 hour time limit means it is open to the majority of us.

MAY 15th — PARIS MARATHON. A fairly flat course departing from the Arc de Triomphe, heading for the Forest of Boulogne and then along the River Seine towards the Forest of Vincennes and returning once again along the River Seine and ending up at the Avenue Foch.

For full details on any of the above events, accommodation, entry and travel, apply to: 'Barry Whitmore, P.O. Box 269, Brentwood, Essex CM14 4NW Tel: (0277) 222260 — 24 hour answerphone.

*Details will be sent as soon as each one becomes available please enclose a S.A.E. (9" x 4").

people rush into print, most of the sardonic letter from Mick Phillips is unfactual.

I don't personally know Rushmer but, rightly or wrongly, I became involved upon hearing of Allan's rejection for the London Marathon. I contacted the local TV and press, informing them that the joint winner in last year's local Sandwell Marathon had been refused entry in London.

At no time did Rushmer make any complaints or gestures to anyone. Throughout his long international career Allan has been the epitome of modesty and reticence, a credit to his sport. Mr Phillips is aware of this and was irresponsible to cause Allan unnecessary embarrassment in the columns of 'AW'.

One minor technical point. How can Mick Phillips claim to be faster than Rushmer with 2:22 when Allan recorded 2:20:11 in his only previous marathon, over a tough undulating course covering the distance shoulder to shoulder with Andy Holden?

Finally, if he feels so bitter about Rushmer's run on May 9th, he can have my entry 'free'.

Mike Kelly,
Sparkhill H.

TOO MANY MARATHONS — SAYS BERNIE

Dear Sir,

This is the first occasion in 20 years of athletic



BERNIE FORD

Fred Popplewell

participation, for at least 15 of which I have subscribed to 'AW', that I feel compelled to write on what seems to be an alarming trend: **MARATHON RUNNING.**

A quick glance through 'AW' each week over the past 18 months reveals a positive glut of marathon races and a sad lack of shorter distance road races.

I would imagine that most serious runners, like myself, do not wish to run marathons week in week out but prefer to vary their racing 'diet' with shorter runs, albeit in some instances as part of a build-up towards a marathon. I therefore appeal to race organisers not to all jump on the marathon bandwagon but to continue to offer, as in the past, a wide selection of road races.

Bernie Ford,
AF&D

THE DELIGHTS OF GUERNSEY

Dear Sir,

Whilst New York, London and Co.-hog the mass participation limelight, the Channel Island of Guernsey takes some beating when it comes to toned involvement. All but eight of the 250 who toed the line in last summer's inaugural Guernsey Hash House Harriers Half-Marathon came from a population of only 52,000. No fewer than 223 finished, their ages ranging from 8 to 65.

The organisers expect to play host to many more visiting runners for this year's event on June 20th. The course is flat, accurate and attractive. It follows the whole nine miles of the island's west coast which includes the premier bathing beaches before skirting the golf course and St. Sampson's Harbour and finishing at the Tomato Board depot, centre of the famous 'Guernsey Tom' export industry.

It might give us an unfair advantage but I must mention that in Guernsey we don't have VAT and all leading shoes are in the local sports shops. There's little duty, too, so booze and cosmetics are cheaper.

Details of the race from B. Marley, La Biloterie, Biloterie Road, St. Saviours, Guernsey.

Pete Burnard,
Guernsey Hash House Harriers

ESTIMATING ATHLETE'S IMPROVEMENT

Dear Sir,

The article by Peter Coe (March 13th issue) did not contribute anything to our knowledge of athletics. The prime difficulty in estimating the improvement of a young athlete is surely to decide his ultimate potential, a problem entirely by-passed by the article. Given that we can reliably estimate that potential it is only a matter of common sense to predict an annual progression and the technique used by Mr Coe must be seen as purely arbitrary. The fact that it worked for Seb Coe is irrelevant: one swallow doesn't make a summer!

In fact I think the method I devised to estimate my own progression at 800m was just as good and does have the advantage in being able to predict a final time. I shall not bore your readers with the details, though, because I was a bit optimistic in predicting a time of 1:50.2 at 26 whereas last year, at 23, I'd run only 1:57.2! This highlights the big danger from Mr Coe's article: it can be a bit depressing for the athlete if the performance doesn't quite match expectation. Finally, I don't see why the athlete should 'hold back' once his target for the year is achieved providing that he doesn't over-race.

John Austin, M.A.,
Bracknell, Berks.

CHEAPER SHOES?

Dear Sir,

I was very pleased to read recently that an American shoe company are to open a factory in Britain. Apart from the obvious benefits to our high unemployment figures this step should be of great importance to the many runners in these Isles. I have long bemoaned the fact that running shoes imported from America often cost the same amount in Pounds over here as they do in Dollars on the other side of the Atlantic. The opening of a manufacturing outlet in Britain will eliminate some shipping and handling charges and hopefully allow my Piggy Bank to sleep easily at night!

Bill Standerwick,
Southampton

A RUN-IN WITH THE LAW

Dear Sir,

You and your readers might be entertained by an incident in which Dave Clarke and Steve Harris were nearly arrested for being English cross-country champions!

They were leaving our house the day after the National when a cruising police car spotted them, scented potential customers and stopped. One of the gentlemen of the law leaped out, advanced upon Steve and Dave, and demanded to know if the cup Steve was holding really was his. Dave introduced Steve: "This is Steve Harris, National Junior cross-country champion", and Steve very kindly introduced Dave — "This is Dave Clarke, Senior National cross-country champion". The policeman retorted with "and I, gentlemen, am a member of the London Constabulary" and proceeded to demand in somewhat aggressive tones proof of identity. Dave's passport was considered insufficient proof because it looked as if it had travelled too much, but Dave's and Steve's heights, addresses and dates of birth were eagerly collected.

Finally, still unconvinced, the policeman departed. It's good to know that we are protected by the police, but perhaps the certainty that we are all crooks needs modifying a little?

Chris Clarke,
Putney, London SW15.

THEORIES ENDORSED BY EXPERT

Dear Sir,

Albeit a little late, I've just read Cliff Temple's book *Cross Country & Road Running*. On page 188 he mentions the findings of Dr Costill. Briefly, these are that one need not do the 'bleed-out' stage of the marathon 'diet', but should ease off training 3-4 days before a race and have a high carbohydrate intake, which would have the same effect as the original 'diet' but without the psychological difficulties encountered in the 'bleed-out'. These are **exactly** my theories, which you published in Readers' Letters on March 26th 1977 (I advised 3 days complete rest).

Being a 'scrubber' I was, at the time, laughed at, but now an 'expert' has been listened to with my findings!

Ron Williams,
Croydon Harriers.

WEIGHING SCALES

Dear Sir,

There was a reader's letter in the February 13th issue regarding weighing scales that could be adapted to checking the weight of field events throwing instruments. The scales mentioned were obviously the WEYLUX 'Queen' scales that my company manufactures, and in their existing form would not really be suitable for weighing the shot and discus, etc. However, we would be interested to learn if there is a need for weighing scales for this purpose, and we could be of service in this respect.

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SPONSORSHIP THROUGH ADVERTISING AND ENDORSEMENTS

Dear Sir,

After consultation with our Solicitors, the IAC has been advised that the BAAB guide lines as laid out in the April 3rd edition of 'AW' are unlawful. We have sent letters to all our members informing them as such, and advising them that if there is any doubt to contact the IAC office.

Subsequent to the BAAB circular the Chairman of the BAAB, Dr. Bill Evans, clarified the position and stated that the BAAB is not attempting to restrain athletes from entering into Sponsorship Agreements but that athletes are advised to inform the BAAB.

The BAAB are expecting that an arbitrary percentage of an athlete's revenue from advertising and endorsements will be paid to them. Since there is no rule relating to this it is obviously a matter which needs to be discussed.

The IAC is going to pursue these matters with the BAAB as soon as possible, in order to produce clear and satisfactory guide lines.

Mike Winch,
International Athletes Club

Results In Brief

February 17th

Akrotiri 10M Road Race, in Cyprus. 1, B. T. Smith 53:09; 2, P. Macnaughton 53:22; 3, Tresize 53:52.

March 14th

Croydon Road Race Meeting, at Crystal Palace. (Snr. Relay): 1, Epsom & E (J. Watson 10:07, R. Hillier 10:08, D. Swain 10:05, A. Layfield 10:24, D. Morris 10:44, S. Rough 10:24, A. Nicholson 10:01, C. France 10:06) 81:59; 2, Blackheath 82:11; 3, S. London 83:33; 4, Surrey Pol. 85:58; 5, London Irish 87:57; 6, Croydon 89:30. Fastest: R. Coles (B'ht) & W. Foster (B'ht) 9:43; A. Evans (SLH) & Nicholson 10:01. **(Vets Relay):** 1, Epsom & E (J. Mann 12:16, J. Cracknell 13:12, D. Reid 12:28, B. Hallett 11:55, A. Clarke 12:19) 62:10; 2, Croydon 66:59; 3, Epsom & E 'B' 71:12. Fastest: Hallett 11:55. **(Colts):** 1, N. Watkins (C'ley) 9:09; 2, A. Bate (HHH) 9:14; 3, S. Maynar (Mit) 9:30; 4, P. Saxby (Ton) 9:34. Team: Tonbridge. **(Women):** 1, A. Wittekind (Dart) 10:07; 2, L. Tyler (Mit) 10:42; 3, D. Wilson (Mit) 10:48; 4, S. Livingstone (Mit) 10:51. Team: Mitcham. **(Juniors):** 1, A. Shave (Read) 7:31; 2, N. Menendez (Croy) 7:41; 3, A. Smith (Havant) 7:45. Team: Croydon. **(Girls):** 1, S. Burtonwood (Brom) 7:23; 2, E.

Smith (Havant) 7:27; 3, R. Fairchild (Croy) 7:32. Team: Mitcham.

AC Excelsior Open CC Races, at Oosterhout (Neth). 1, de Beck (Bel) 26:00; 2, Lok (Neth) 26:02 . . . 10, G. Hanna (N. Lon) 28:22; 12, P. Holland (N. Lon) 28:35; 15, P. Biddlecombe (N. Lon) 28:47. Teams: 1, Phoenix Utrecht; 2, N. London. **(Juniors):** 1, Reijnders (Bel) 18:47; 2, N. Trainer (N. Lon) 19:00. **(Youths):** 1, P. Janes (N. Lon) 14:33; 2, van Bladel (Neth) 14:34. **(Boys):** 1, S. Burton (N. Lon) 9:45; 2, Wijkman (Neth) 10:11.

Inter-Services Marathon, in Cyprus. 1, P. Macnaughton 2:29:13; 2, M. Maclam 2:31:02; 3, J. Turvey 2:38:03; 4, G. Bowman 2:42:41.

March 20th

Condor Bottom '5', at Lancaster Univ. 1, J. Todd (A&SV) 25:12; 2, A. Girling (Glas. U) 25:38; 3, A. Taylor (Ken) 25:45; 4, M. Smith (B'burn-J) 25:48; 5, J. Etchells (Barr-V) 26:01; 6, P. Willacy (Barr) 26:02; 7, R. Peters (Spring) 26:15; 8, R. Belk (Ken) 26:19; 9, N. Miller (Lanc. U) 26:25; 10, D. Brown (Sal) 26:41. Teams: 1, Kendal 33; 2, Barrow 36; 3, Salford 37. **(Vets):** 1, Etchells; 2, D. Spencer (Barr) 28:21; 3, P. Dawson (B'burn) 28:24. **(Women):** 1, M. Hendley (Bol) 31:08; 2, A. Bland (Ken) 32:12.

Vets AC CC Champs, at Petersham. 1, R. Gomez 29:10; 2, T. Ryan 29:57; 3, C. Lambert 31:08; 4, N. Rees 31:18; 5, D. Case 31:47; 6, S. Charlton (O/50) 31:50.

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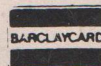
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March 21st

Northampton Phoenix '10'. 1, H. Boyle (Cor) 49:36; 2, T. Leader (Birm. U) 51:30; 3, S. Mason (Peter) 52:02; 4, P. James (North) 52:33; 5, A. Green (Mil. K) 52:42; 6, G. Taylor (Kett) 52:54; 7, M. Booth (Mil. K) 53:34; 8, C. Edwards (Lin. C&C) 53:52. **(Vets):** 1, A. Penn (GEC) 55:09; 2, R. Emmerson (Rug) 57:38; 3, A. Palmer (North) 57:38. **(Women):** 1, M. Boddy (Leic) 59:13; 2, V. Boddy (Leic) 62:45; 3, J. Mumford 65:25.

March 24th

Moston Brook Schools CC Relay, at Manchester. (U/16): 1, St. Edward's (J. Evans 4:44, T. Larcmmbe 5:05, K. Rooney 5:14, B. Murphy 4:42) 19:45; 2, Cheadle Hulme (S. Borrill 5:04, M. Arnold 5:03, S. Perkin 4:55, T. Royle 4:50) 19:52; 3, Marple Hall (P. Ward 5:11, S. Hill 4:55, N. Jones 5:03, R. Archer 4:46) 19:55; 4, St. Anselm's 20:21; 5, Royton & C 20:35; 6, Stockport 21:00. Fastest: Murphy & C. Trelfa (R&C) 4:42; Evans 4:44; Archer 4:46. (U/14): 1, Moston Brook (D. Moran 5:16, B. Barlow 5:16, S. Tinsley 5:20, D. Byrne 5:22) 21:14; 2, St. Matthew's (P. Murray 5:12, P. Stiles 5:24, D. Crawley 5:32, S. Morris 5:20) 21:28; 3, St. Anselm's 21:29; 4, St. Edward's 21:32; 5, St. Ambrose 21:42; 6, Cheadle Hulme 22:20. Fastest: P. Halliday (St. A) 5:11; Murray 5:12; D. McIver (St. E) 5:13. (U/12): 1, Royton & C (P. Grimes 5:49, S. Moore 5:24, P. Grime 5:30, D. Hall 5:59) 22:42; 2, Moston Brook 23:18; 3,

Cheadle Hulme 23:31; 4, St. Anselm's 23:36; 5, St. Bede's 23:37; 6, Marple Hall 23:47. Fastest: C. Lees (Fitt. H) 5:15; Moore 5:24.

March 27th

Ipswich Open Meeting. HJ: D. Costello (Norf) 1.95. LJ: C. Cooper (Low) 6.91. SP/DT: M. Fenton (Ips) 14.06/43.08. HT: 1, Fenton 60.88; 2, R. Earle (W. Gn) 52.90; 3, P. Dalrymple (Bed) 46.66. JT: 1, C. Clover (Ips) 72.22; 2, I. Marsh (Ips) 65.72. **(Women):** 100/LJ: B. Kinch (Ips) 12.1/6.21. SP: D. Sturman (Chelm) 11.91. DT: 1, Sturman 46.06; 2, D. Bushnell (Chelm) 43.26. JT: Bushnell 42.14. **(Inters):** HJ: 1, S. Hornbrook (Chelm) 1.61; 2, J. Watts (Ips) 1.61; 3, C. Mann (Col) 1.61. **(Juniors):** SP: L. Sibby (Nene V) 10.60.

Sorrel Hill Fell Race, at Blessington, Dublin. 1, R. Bryson (IHR) 40:54; 2, G. McGrath (IHR) 42:40; 3, M. McNulty (NIFRA) 42:42; 4, E. Rathery (IHR) 43:17; 5, P. Thompson (IHR) 43:51.

March 28th

Breckland '10', at Thetford. 1, A. Jones (Sutt) 50:34; 2, N. Leach (Shaft) 50:47; 3, M. Exton (Holb) 50:54; 4, P. Lushington (Ips) 51:43; 5, L. Gough (Ex. B) 51:53; 6, V. Holman (Thet) 52:00; 7, R. Church (Nene V) 52:09; 8, S. Bushell (Salt) 52:34; 9, R. Ellerton (VoA) 52:57; 10, D. Mytton (Norf) 53:00; 11, K. Meardon (Thet) 53:03; 12, D. Watkins (Ips-V) 53:06; 13, S. Faris (Norf-V)

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SUNDAY, JULY 4th, 1982

Park Vale Track (6mm spikes max.) Walney Island, Barrow-in-Furness, Cumbria
1.00 p.m. First Event

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Prizes: 1st, 2nd, 3rd each event except Relays (Winners only).

Entry Fee: 40p per individual, £1.50 per Relay team.

Entries on AAA/WAAA or club entry forms to: Mrs S. Hall, 10 Clifford Street, Barrow-in-Furness, Cumbria.

Entries close Saturday, 5th June, 1982. DEFINITELY NO LATE OR TELEPHONE ENTRIES.

Age Groups: As at midnight, 31st August/1st September, 1982

EVENTS**FEMALE**

U/11 — 70m, 600m, 6 stage Sprint Relay
11 & U/13 — 100m, 1500m, HJ, 4 × 100m
13 & U/15 — 100m, 200m, 800m, LJ, 4 × 100m
15 & U/20 — 100m, 200m, 400m, 800m, LJ, 4 × 100m

MALE

U/11 — 70m, 600m, 6 stage Sprint Relay
11 & U/13 — 100m, 1500m, LJ, 4 × 100m
13 & U/15 — 100m, 200m, 800m, HJ, 4 × 100m
15 & U/17 — 100m, 400m, 800m, LJ, 4 × 100m
Jnr/Snr Men Combined — 100m, 200m, 3000m, SP, Discus, Javelin, 4 × 100m

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LANCASHIRE GROUP — BAMBER BRIDGE



Stephen Burton (1.12.66) won the Boys race at the Mizuno Southern CC Champs at Parliament Hill on February 13th, and had his first win abroad at Oosterbout, Holland a month later.

Maxine Clarke

53:35; 14, R. Ede (Ips) 53:40; 15, I. Hart (Newk) 53:42. Teams: 1, Ipswich; 2, Thetford; 3, Norfolk Olym. (Vets): 1, Watkins; 2, Faris; 3, T. Smith (Ips) 53:46; 4, G. Bowman (Diss) 54:28; 5, R. Dimpleby (Lin. W) 55:12; 6, R. Woodard (Ips) 56:26. (O/50): 1, R. Carew (Bed) 58:23; 2, D. Clarke (C&C) 58:53; 3, G. Smith (Kett) 62:01. (Women): 1, C. Gould (Barn) 59:48; 2, D. Ball (Thet) 67:50; 3, J. Deighton (March) 70:23.

Massey Ferguson 'Easter Egg' '5', at Coventry. 1, D. Glassborow (HHH) 24:18; 2, P. Larkins (Cov. P) 24:19; 3, M. Nolan (HHH) 24:28; 4, P. Morton (Th. H&H) 24:36; 5, L. Tredell (Cov) 24:45; 6, G. Jerwood (HHH) 24:47; 7, S. James (Nun) 25:02; 8, M. Roberts (HHH) 25:13; 9, R. Edwards (Leic) 25:24; 10, K. Stebbings (Warl) 25:44; 11, N. Wilson (Nun) 25:52; 12, B. Wilkins (Spark) 26:06. (Vets): 1, M. Wrenn (Spark) 26:32; 2, A. Hughes (Newk-O/50) 26:42; 3, J. Russam (B&R) 27:48; 4, L. Willmott (Mid. V-O/50) 27:59; 5, H. Quigley 28:02; 6, G. Simpson (S&SH-O/50) 28:04. (Women): 1, B. Smith (B&R) 28:41; 2, S. Carey (Nun) 31:15.

West Glamorgan Road Relay, at Llandarcy. 1, Swansea (P. Aston 18:20, G. Hill 16:44, D.

Taylor 20:20, A. Roper 17:24) 72:48; 2, Bridgend YMCA 73:05; 3, Swansea 'C' 74:40; 4, Swansea Vets 75:41; 5, Port Talbot 80:59. Fastest: S. Smith (Swan 'B'-disq) 16:42; Hill 16:44; N. Adams (Swan 'C') 16:52.

Radley Open Meeting. (Women): DT: J. Picton (Brack) 50.92.

Open Meeting, at Perry Barr. (Youths): HJ: J. Hill (S&SH) 1.88. (Boys): 800: P. Hemmings (Spark) 2:06.6. (Women): 600: Y. Eden (S&SH) 1:37.6. (Inters): 200: N. Parsons (S&SH) 25.9. 600: 1, L. Growcock (S&SH) 1:42.0; 2, C. Travers (Bir) 1:42.1. HJ: S. Webb (Hales) 1.60. LJ: S. Bowie (S&SH) 5.82. (Juniors): 600: V. Quinn (S&SH) 1:40.7. HJ/SP: C. Smith (Nun) 1.60/10.22.

April 3rd & 4th

Medway Open Meeting, at Deangate. (Women): 800: J. Dennis (Med-1) 2:17.7. 3000: H. Conti (Med) 10:26.6. 400H: K. Simpson (Med) 64.8. JT: M. Bennett (Med) 43.90.

April 4th

Hull Spartan Open Meeting. 100: 1, D. Crosby (BRC) 11.1; 2, S. Wymark (Hull S) 11.1. 400: (A): 1, M. McMahon (Hough) 47.9; 2, K. Worrall (Roth) 48.1; 3, Wymark 48.5. (B): P. Goacher (Cann) 50.4. 400H: 1, R. Bell (Wake) 54.0; 2, Worrall 55.4. SP: I. Washington (Sheff) 13.02. DT: 1, W. Renshaw (Sheff) 40.74; 2, Washington 40.12; 3, M. Corden (Sheff) 39.50. HT: (A): D. Smith (Hull S) 61.14. (B): 1, S. Taylor (Holb) 51.44; 2, S. Peacock (E. Hull) 48.90; 3, M. Broughton (Holb) 46.60; 4, P. Cooper (Holb) 44.56. (Juniors): SP/DT: N. Crimmen (Spenn) 13.38/40.44. (Women): 100: P. Walsh (Grim) 12.2. 400: (A): 1, S. Morley (Hick. M) 55.0; 2, A. Piggford (Gate) 55.5; 3, V. Escreet (CoH) 58.4. (B): J. Millership (CoH) 57.6. 3000: D. Stephenson (CoH) 10:29.5. 100H: 1, Morley 14.0; 2, M. Laing (Liv) 14.1; 3, L. Roper (Hallam) 14.4; 4, W. Laing (Liv) 14.8; 5, S. Brennan (Rown) 15.0. DT: 1, S. Bedford (Wake) 34.84; 2, G. Wilson (Hull S) 34.80; 3, S. Bayston (E. Hull) 33.88. JT: 1, D. Austin (Hull S) 40.02; 2, G. Garside (Roth) 36.72; 3, W. Laing 35.42; 4, M. Laing 34.24. (Inters): 200: 1, T. Sharratt (Lin. W) 25.1; 2, L. Stuart (M&C) 25.2; 3, M. Drage (CoH) 25.5; 4, H. France (CoH) 25.5. (Juniors): 800: C. Glossop (Lin. W) 2:22.4.

Boundary '10', at South Shields. 1, S. Donnelly (Els) 50:48; 2, A. Catley (Mor) 50:59; 3, M. Roberts (Dur. C) 51:25; 4, D. Robson (Els) 51:28; 5, P. May (Heat) 51:35; 6, G. Hetherington (Dur. C) 51:56; 7, N. Jobson (Blay) 52:02; 8, C. Ralphs (Blay) 52:13; 9, A. Jenkins (Mor) 52:29; 10, R. Bowers (Burn R) 52:39; 11, I. Brown (Mor) 53:02; 12, D. Smith (Tyne) 53:07. Teams: 1, Elswick 18; 2, Morpeth 22; 3, Durham City 31. (Vets): 1, C. Bolton (Els); 2, B. Cordes (Mor); 3, R. Checkley (Heat).

Scottish News

From Colin Shields

Edinburgh Southern Collect Another Title

WHEN NEWLY-CROWNED Scottish cross country champion, Allister Hutton, brought Edinburgh Southern home two minutes ahead of his nearest rival for Southern's fourth successive victory in the event on March 27th, it completed a clean sweep of Scottish national team titles this season. Already winners of the four-man cross country relay title, the Edinburgh to Glasgow relay and the Scottish 'National' team title at Irvine, Southern had never been beaten in the short history of the Six-Stage Road Relay at Strathclyde Park.

Their strong, well-balanced team, even without John Robson, never looked like being beaten, taking the lead on the fourth lap and building up a 300m lead for Hutton, who broke the lap record on the final stage.

The race as a spectacle was ruined on the second lap around the park as Bellahouston went off course, missing the markers at a vital turn, and lost up to two minutes, followed by the next three teams — Aberdeen, Springburn and Edinburgh AC. Though Edinburgh and Bellahouston showed great fighting spirit to recover to third and sixth at the finish, Aberdeen had the stuffing knocked out of them and finished way back, in ninth position, over six minutes behind the winners.

Stage One — 3¼M. Perfect conditions on a bright, sunny day enabled Graham Laing to break the record for the opening short lap with a time of 17:54. Junior, Andrew McKay, equalled the old record of 18:03, with Peter Fleming outprinting John McKay (C'bank) by a yard, and Alex Robertson bringing Southern home in fifth, in 18:11. **Fastest:** G. Laing (A'deen) 17:54; A. McKay (EAC) 18:03; P. Fleming (Bella) 18:09.

Stage Two — 5¾M. George Braidwood lost his way, and the resultant loss of valuable time dropped Bellahouston to 11th, Edinburgh AC to 10th and Aberdeen to 14th. Spango Valley's new find, Chris Leck, now recovered from injury, recorded the fastest lap time of 27:11, to bring his club from 21st to sixth, with Bill Day (running for Falkirk Victoria 'B') returning 27:25 to rise from 20th to eighth, ahead of his 'A' team runner, John McGarva. **Fastest:** C. Leck (SV) 27:11; W. Day (FVH 'B') 27:25; J. McGarva (FVH) 27:29.

Stage Three. Derek Easton brought Falkirk Victoria into the lead at the halfway point, seven seconds ahead of Edinburgh Southern (I. Elliot), with Nigel Jones having a fine run to bring Edinburgh AC from tenth to fifth. **Fastest:** D. Easton (FVH) 18:30; N. Jones (EAC) 18:40; I. Elliot (ESH) 18:41.

Stage Four. Way down the field, Scottish international, Fraser Clyne, set about retrieving Aberdeen's fortunes, lifting his club from 15th to ninth with the fast time of 26:44. Lewis Robertson (26:49) continued Edinburgh AC's rapid rise to the top with a gain of three places as Evan Cameron took over a minute from his previous best time for the long lap to give Southern a lead of 28 seconds from city rivals Edinburgh AC. **Fastest:** F. Clyne (A'deen) 26:44; L. Robertson (EAC) 26:49; E. Cameron (ESH) 27:21.

Stage Five. Starting in the lead, veterinary surgeon, Dave Logue, now returned to live and work in Scotland, added a further 28 seconds to the lead when returning the fastest lap time. Steve Laing, who had a fine winter season and should be capable of some good 1500m/5000m performances on the track this summer, retained second position, but Falkirk Victoria were threatening in third. 1970 Commonwealth 10,000m champion, Lachie Stewart, now enjoying a renewed lease of life and full of enthusiasm with Spango Valley in Greenock, surprised many with the third fastest time. **Fastest:** D. Logue (ESH) 18:05; S. Laing (EAC) 18:33; L. Stewart (SV) 18:56.

Stage Six. Allister Hutton was in the novel position of starting the final lap with a lead of almost 300m — something he was totally unused to having gained all previous three victories for Southern coming from behind. Nothing spared, he broke his own lap record with a time of 25:52 — the first time the 26 minute barrier had been broken for the 5.7M course. Jim Dingwall, always at his best in a road run, took Falkirk Victoria into their best ever placing when overtaking Colin Keir (EAC) in the final mile. Springburn Harriers, who finished seventh, were disqualified for running their athletes in a different order from the declared team. **Fastest:** A. Hutton (ESH) 25:52; J. Dingwall (FVH) 26:40; C. Spence (SV) 27:29.

1, Edinburgh Southern (A. Robertson 18:11, G. McIntyre 28:26, I. Elliot 18:41, E. Cameron 27:21, D. Logue 18:05, A. Hutton 25:52) 2:16:36;
2, Falkirk Victoria (J. Evans 19:12, J. McGarva 27:29, D. Easton 18:30, G. Mitchell 27:59, P. Faulds 18:57, J. Dingwall 26:40) 2:18:47;

3, Edinburgh AC (A. McKay 18:03, B. Kirkwood 29:33, N. Jones 18:40, L. Robertson 26:49, S. Laing 18:33, C. Keir 27:37) 2:19:15;

4, Spango Valley (T. Dobbin 19:54, C. Leck 27:11, K. Ferguson 19:45, A. Law 27:33, L. Stewart 18:56, C. Spence 27:29) 2:20:48;

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5, E. Kilbride (D. Watt 19:34, A. Partridge 28:10, A. Neal 19:03, R. Rioch 27:32, G. Colvin 19:15, C. McDougall 27:37) 2:21:11;

6, Bellahouston (P. Fleming 18:09, G. Braidwood 29:34, D. Wyper 19:08, A. Daly 27:29, C. Joss 19:43, G. Getty 27:52) 2:21:55;

7, Cambuslang 2:22:51; 8, Aberdeen 2:22:56; 9, Law 2:24:59; 10, Victoria Park 2:25:53; 11, Falkirk Victoria 'B' 2:26:03; 12, Clydebank 2:27:52; 13, Dundee Hh. 2:28:26; 14, Greenock Wellpark 2:30:39; 15, Bellahouston 'B' 2:32:26; 16, Teviotdale 2:32:54; 17, Ayrshire 2:33:20; 18, Larkhall 2:33:47; 19, Livingston 2:34:42; 20, Edinburgh Southern 'B' 2:34:53; 21, Ayr Seaforth 2:37:56; 22, Livingston 'B' 2:39:49; 23, Kilbarchan 2:40:11; 24, Dundee Hh. 'B' 2:41:38; 25, Irvine 2:42:17.

Fastest: Long Stage: Hutton 25:52; Dingwall 26:40; Clyne 26:44; L. Robertson 26:49; Leck 27:11; Cameron 27:21; Day 27:25; Spence, McGarva & Daly 27:29. **Short Stage:** G. Laing 17:54; A. McKay 18:03; Logue 18:05; Fleming 18:09; J. McKay (C'bank) 18:10; A. Robertson 18:11.

Universities CC Champs, at Meadowbank Park (January 30th). 1, A. Douglas (Glas) 30:32; 2, C. Henderson (Edin) 30:33; 3, A. Puckrin (Glas) 31:16; 4, A. Girling (Glas) 31:23; 5, P. Sigmundsson (Edin) 31:25; 6, C. McIntyre (Edin) 31:58; 7, K. Mortimer (Edin) 32:11; 8, R. Barrie (Dund) 32:18. Teams: 1, Edinburgh 41; 2, Glasgow 68; 3, Dundee 137. **(Women):** 1, J. Lordon (Edin) 17:48; 2, S. Goldsmith (Edin) 17:57; 3, A. Linton (Edin) 18:56; 4, C. Neville (Glas) 19:46. Teams: 1, Edinburgh 6; 2, Glasgow 22.

Eastern District CC League, at Esk Valley (February 6th). 1, A. Hutton (ESH) 23:36; 2, E. Cameron (ESH) 24:06; 3, J. McGarva (FVH) 24:18; 4, B. Kirkwood (EAC) 24:22; 5, S. Laing (EAC) 24:36; 6, I. Steel (ESH) 24:39; 7, A. Robertson (ESH) 24:48; 8, C. Haskett (Dund) 24:49; 9, G. Matheson (ESH) 24:49; 10, D. Easton (FVH) 24:49; 11, G. Mitchell (FVH) 24:55; 12, P. Faulds (FVH) 25:02; 13, J. Dingwall (FVH) 25:06; 14, A. Keith (EAC) 25:08; 15, R. Creswell (A'deen) 25:12. Teams: 1, Edinburgh Southern 41; 2, Falkirk Victoria 71; 3, Edinburgh AC 80; 4, Aberdeen 159. Final positions: 1, Edinburgh Southern 134; 2, Falkirk Victoria 253; 3, Edinburgh AC 343; 4, Aberdeen 510. **(Youths):** 1, K. Maxwell (FVH) 11:55; 2, D. Marr (EAC) 12:03; 3, I. Matheson (A'deen) 12:05; 4, F. Boyne (A'deen) 12:13; 5, R. Sinnaster (ESH) 12:22; 6, I. Morrison (EAC) 12:29; 7, J. Gallacher (Liv) 12:43; 8, S. Lamb (EAC) 12:47; 9, G. Faulds (ESH) 12:52; 10, G. Steel (ESH) 12:58. Teams: 1, Edinburgh AC 16; 2, Edinburgh Southern 24; 3, Aberdeen 27. Final positions: 1, Edinburgh AC 49; 2, Aberdeen 97; 3, Edinburgh Southern 108. **(Snr. Boys):** 1, S. Holden (FVH) 7:09; 2, G. Dougall (Liv) 7:17; 3, G. Phillip (EAC) 7:18; 4, K. Smith (ESH) 7:24; 5,

T. Hanlon (ESH) 7:29; 6, P. Henderson (Dund) 7:30. Teams: 1, Edinburgh Southern 18; 2, Falkirk Victoria 27; 3, Livingston 29. Final positions: 1, Edinburgh Southern 70; 2, Falkirk Victoria 74; 3, Livingston 82. (**Jnr. Boys**): 1, I. Ritchie (Pit) 6:39; 2, V. Hughes (F'house) 6:46; 3, G. Swinton (ESH) 6:49; 4, K. Idessane (ESH) 6:55. Teams: 1, Edinburgh Southern 15; 2, Pitreavie 21; 3, Livingston 36. Final positions: 1, Edinburgh Southern 43; 2, Pitreavie 67; 3, Livingston 118. (**Colts**): 1, P. Johnstone (EAC) 5:28; 2, C. Murphy (Tev) 5:31; 3, C. Paul (ESH) 5:44. Teams: 1, Edinburgh AC 10; 2, Aberdeen 24. Final positions: 1, Edinburgh AC 29; 2 eq, Aberdeen & Edinburgh Southern 81.

'Round the Houses' Road Races, at Grangemouth (February 7th). 1, J. Brown (CV) 27:41; 2, J. Dingwall (FVH) 28:09; 3, W. Sheridan (W'lands) 28:20; 4, R. Macdonald (CV) 28:28; 5, B. Kirkwood (EAC) 28:51; 6, A. McKay (EAC-J) 29:01; 7, P. Dolan (C'dale) 29:17; 8, N. Jones (EAC) 29:21; 9, R. Stone (Cam) 29:24; 10, D. Gunstone (S'burn) 29:27; 11, P. Faulds (FVH-J) 29:32; 12, D. Marshall (CV) 29:58; 13, J. Small (CV) 30:18; 14, J. Evans (Shett) 30:22; 15, E. Devlin (CV) 30:28. Teams: 1, Clyde Valley 17; 2, Edinburgh AC 19; 3, Falkirk Victoria 36. (**Youths**): 1, J. McNeill (Law) 16:14; 2, I. Morrison (EAC) 16:17; 3, C. Thomson (Cam) 16:51; 4, K. Maxwell (FVH) 16:59; 5, S. Lamb (EAC) 17:04; 6, A. McMurdie (Shett) 17:16. Teams: 1, Cambuslang 21; 2, Larbert HS 41. (**Snr. Boys**): 1, S. Begen (S'burn) 8:40; 2, B. Scally (Shett) 8:50; 3, J. Wilmoth (S'burn) 8:53. Team: Springburn. (**Jnr. Boys**): 1, I. Ritchie (Pit) 9:24; 2, B. Tyrie (Ayr S) 9:32; 3, D. Harrower (Ayr S) 9:37. Team: Ayr Seaforth. (**Colts**): P. Johnston (EAC) 5:20. Team: Edinburgh AC. (**Women**): 1, J. McColl (Glas) 15:17; 2, S. Morris (Shett-I) 15:22; 3, E. Steele (Glas) 15:31; 4, E. McArthur (FVH) 15:44; 5, C. Neville (Glas) 15:51; 6, M. Nash (Glas-I) 15:59. Teams: 1, Glasgow 9; 2, Falkirk Victoria 27. (**Juniors**): 1, M. Sprang (Shett) 7:20; 2, S. Trotter (Glas) 7:32; 3, E. Reilly (Glas) 7:44. Team: Glasgow. (**Girls**): 1, G. Neville (Glas) 5:42; 2, S. Docherty (Colz) 5:44; 3, D. Charleston (FVH) 5:44. Team: Falkirk Victoria. (**U/11**): K. McLeod (Tay). Team: Pitreavie.

Edinburgh Univ. '10' (February 13th). 1, N. Black (Bella) 50:13; 2, L. Robertson (EAC) 50:17; 3, E. Cameron (ESH) 50:43; 4, T. Mitchell (Fife) 51:05; 5, A. Catley (Mor) 51:39; 6, P. Wilson (A'deen) 51:41; 7, B. Kirkwood (EAC) 51:42; 8, K. Mortimer (Edin. U) 51:43; 9, P. Sigmundsson (Edin. U) 51:56; 10, D. Easton (FVH) 52:14; 11, A. Robertson (ESH) 52:17; 12, A. Daly (Bella) 52:19; 13, G. McIntyre (ESH) 52:19; 14, G. Getty (Bella) 52:46; 15, C. McDougall (E. Kil) 52:57; 16, J. Small (CV) 53:30; 17, I. Graves (Fife) 53:33; 18, D. Wyper (Bella) 53:36; 19, C. Kerr (EAC) 53:44; 20, J.

Musgrove (Edin. U) 53:52. Teams: 1, Edinburgh Southern 27; 2, Bellahouston 27; 3, Edinburgh AC 28. (**Vets**): J. Dripps (Ferr) 56:19.

Bo'ness CC Meeting (February 14th). 1, C. Donnelly (Cam) 30:17; 2, J. McGarva (FVH) 30:43; 3, S. Laing (EAC) 30:50; 4, B. Kirkwood (EAC) 31:05; 5, E. Stewart (Cam) 31:10; 6, G. Crawford (S'burn) 31:37; 7, N. Jones (EAC) 31:40; 8, J. Martin (S'burn) 31:43; 9, W. Day (FVH) 31:59; 10, J. Evans (FVH) 32:02. Teams: 1, Edinburgh AC 14; 2, Cambuslang 19; 3, Falkirk Victoria 23. (**Youths**): 1, D. McShane (Cam) 20:34; 2, D. Marr (EAC) 20:51; 3, C. Thomson (Cam) 21:25. Team: Cambuslang. (**Snr. Boys**): 1, P. Morris (Cam) 16:57; 2, G. Mason (FVH) 17:13; 3, W. Scally (Shett) 17:34. Team: Edinburgh Southern. (**Jnr. Boys**): 1, A. Russell (Law) 10:37; 2, I. Ritchie (Pit) 10:45; 3, B. Tyrie (Ayr S) 11:07. Team: Ayr Seaforth.

Dundee Road Race (February 20th). 1, T. Mitchell (Fife) 28:30; 2, B. Kirkwood (EAC) 28:47; 3, D. Gunstone (S'burn) 29:05; 4, R. Barrie (Dund-J) 29:11; 5, D. Macgregor (Fife-V) 29:16.

Carnethy Hill Race, at Renicuk (February 20th). 1, R. Whitfield (Ken) 50:47; 2, J. McGee (Cum) 50:56; 3, R. Morris (EAC) 51:24; 4, J. Maitland (A'deen U) 51:48; 5, H. Jarrett (Cum) 52:04; 6, M. Roberts (Ken) 52:10. Teams: 1, Kendal 14; 2, Cumberland FR 17. (**Women**): 1, F. Wilde (Lochaber); 2, V. Morris (Liv).

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Renfrewshire Road Race Champs, at Glasgow (February 20th). 1, G. Braidwood (Bella) 32:50; 2, C. Spence (SV) 33:09; 3, A. Daly (Bella) 33:12. Team: Bellahouston. **(Youths):** 1, R. Quinn (Kilb) 24:08; 2, J. Reynolds (Pent) 24:30; 3, K. Charleston (Bella) 24:49. Team: Kilbarchan. **(Snr. Boys):** 1, B. Hawkins (Kilb) 14:31; 2, G. Aitken (Pent) 14:32; 3, J. Charles (Bella) 15:00. Team: Bellahouston. **(Jnr. Boys):** 1, A. Walsh (Kilb) 12:32; 2, C. Elliott (Kilb) 13:12; 3, N. Cassidy (Kilb) 13:36. Team: Kilbarchan.

Scottish YMCA CC Champs, at Lanark Racecourse (February 20th). 1, J. Brown (Moth) 28:30; 2, G. Grant (Kil) 28:53; 3, J. Egan 29:14. Team: Larkhall. **(Youths):** 1, P. McManus (Bells); 2, R. Welsh (Kil). Team: Kilmarnock. **(Snr. Boys):** 1, J. Casey (Moth) 14:10; 2, J. McLuckie (Bells) 14:14. Team: Bellshill. **(Jnr. Boys):** 1, J. Cavanagh (Bells) 10:25; 2, J. Houston (Moth) 10:30. Team: Motherwell.

North of Scotland CC League, at Thurso (March 6th). 1, D. Ritchie (Forr) 33:05; 2, G. Reynolds (Mor) 33:13; 3, I. Moncur (Forr) 33:39; 4, M. Walker (West) 33:48; 5, D. Frith (Mor) 34:07; 6, J. McKenzie (Forr) 34:28. Teams: 1, Forr 387; 2, RAFF Moray 371; 3, Caithness 344. Final positions: 1, Moncur 494; 2, Reynolds 490; 3 eq, Ritchie & McKenzie 483. Teams: 1, Forr 2302; 2, Inverness 2119; 3, Lochaber 2016. **(Youths):** 1, S. Martin (Forr) 22:26; 2, N. Martin (Forr) 22:29; 3, A. Moffat (Elg) 23:04. Teams: 1, Forr 293; 2, Caithness 284. Final positions: 1, N. Martin 400; 2 eq, S. Martin & Moffat 396. Teams: 1, Forr 1764; 2, Caithness 1605. **(Snr. Boys):** 1, C. Martin (In'ness) 16:00; 2, S. Pierce (In'ness) 16:30; 3, G. McLennan (In'ness) 16:35. Teams: 1, Inverness 297; 2, Milnes HS 266. Final positions: 1, Pierce 397; 2, Martin 396; 3 eq, McLennan & N. Provan (Elg) 394. **(Jnr. Boys):** 1, C. Donald (Elg) 10:19; 2, A. McKenzie (Forr) 11:11; 3, R. Osborne (Elg) 11:19. Teams: 1, Elgin 295; 2, Caithness 275. Final positions: 1, Donald 400; 2, N. Green (Elg) 395; 3, Osborne 393. Teams: 1, Elgin 1773; 2, Milnes HS 1518. **(Women):** 1, M. McLeod (Elg) 11:34; 2, F. Andrews (Caith) 12:08; 3, C. McLeod (Elg) 12:23. Teams: 1, Elgin 294; 2, Caithness 283. Final positions: 1, M. McLeod 400; 2 eq, C. McLeod & A. Dundas (In'ness) 393. Teams: 1, Elgin 1461; 2, Inverness 1249. **(Juniors):** 1, L. Lobban (In'ness) 11:22; 2, L. Ross (In'ness) 11:44; 3, D. Main (Forr) 11:57. Teams: 1, Inverness 289; 2, Forr 285. Final positions: 1, Lobban 400; 2, J. Duffin 393; 3, Ross 391. Teams: 1, Inverness 1455; 2, Lochaber 1323. **(Girls):** 1, M. Palmer (Elg) 12:22; 2, L. Wilson (In'ness) 12:51; 3, M. Green (Caith) 13:12. Teams: 1, Caithness 289; 2, Elgin 280. Final positions: 1, Palmer 400; 2, M. Kean (Cull) 398; 3, Wilson 393. Teams: 1, Culloden Acad. 1429; 2, Elgin 1329.

Fife AC 'S, at Cupar (March 6th). 1, K. Rankin (Cen. R) 26:30; 2, L. Robertson (EAC) 26:35; 3, T. Mitchell (Fife) 26:41; 4, D. Macgregor (Fife) 26:51; 5, P. Sigmundsson (Edin. U) 6; 6, O. Ross (Fife). Teams: 1, Fife 13; 2, St. Andrews Univ. 3; 3, Fife 13; 4, Fife 13; 5, Fife 13; 6, Fife 13. **SWCCU National CC Relay Champs, at Bellahouston Park (March 7th).** 1, Edinburgh AC (M. Gray 19:37, A. Johnstone 9:45, Y. Murray 8:56) 28:18; 2, Glasgow 29:07; 3, Kilbarchan 29:28; 4, Pitreavie 30:20; 5, Glasgow 'B' 30:38; 6, Edinburgh Southern 31:07. Fastest: Murray 8:56; S. Crawford (Kilb) 9:16; K. Hutcheson (Pit) 9:23. **(Juniors):** 1, Glasgow (A. MacDougall 7:26, S. Trotter 7:05, I. Reilly 7:23) 21:54; 2, Victoria Park 22:18; 3, Pitreavie 23:18. Fastest: Trotter 7:05. **(Girls):** 1, Victoria Park (H. McHenry 7:22, J. Cameron 7:11, L. Rankin 6:59) 21:32; 2, Edinburgh Southern 22:44; 3, Glasgow 23:04. Fastest: Rankin 6:59. **(U/11):** 1, Colzium (P. McDade 6:25, M. McGuinness 6:17, C. Sherlock 6:31) 19:13; 2, Clyde Valley 19:50; 3, Pitreavie 19:55. Fastest: McGuinness 6:17.

Annan-River Races (March 7th). 1, A. Jenkins (Mor) 31:55; 2, W. Dickson (Law) 32:29; 3, D. Thomas (Bord) 32:32; 4, H. Eorgie (Law) 33:02; 5, R. Anderson (Cam) 33:07; 6, B. Robson (Gate) 33:32. Teams: 1, Law; 2, Cambuslang. **(Vets):** S. Robson (Gate) 37:24. **(Juniors):** D. Marshall (CV) 33:41. **(Youths):** P. Taylor (Cope) 15:18. **(Snr. Boys):** T. Carmichael (Nith V) 15:47. **(Jnr. Boys):** A. Russell (Law) 6:50. **(Colts):** S. Kirkby (Ken) 7:43. **(U/9):** J. Lewthwaite (Ken) 3:24. **(Women):** M. McDonald (Darl) 18:23. **(Juniors):** J. Scott (Darl) 18:02. **(Inters):** D. Robinson (Darl) 18:30. **(Juniors):** S. Renwick (Mor) 17:36. **(Girls):** L. Reilly (Mor) 7:34. **(U/11):** K. Paynan (Cock) 8:28. **(U/9):** A. Rae (Ken) 3:55.

Scottish Colleges CC Champs, at Glasgow (March 20th). 1, V. McCarron (Card) 25:40; 2, F. Kelly (Glas) 25:58; 3, S. McMillan (Glas) 26:31. Team: Glasgow Printing & Building. **(Juniors):** 1, A. Brown (Lang) 15:02; 2, R. Cameron (C bank) 15:23; 3, J. Spiers (RK) 16:11. **(Women):** 1, V. Houghton (C bank) 16:28; 2, C. Henderson (Card) 18:01.

(More Scottish Results next week)

AAA STANDARD SCHEME

Promoters and County Championship Hon. Secs. are advised that there is no change in the present Standards for 1982 but the cost of the badges has, by necessity, increased to 50p each. Promoters of League meetings are reminded that their event can qualify for the Scheme providing that there is at least one AAA Graded Timekeeper and one Graded Track and Field Judge officiating. In view of the new high cost of postage it is advisable to have badges available for sale on the day of competition. County Championships Hon. Secs. and other promoters can obtain a supply of badges on a sale or return basis from their Area Standards Hon. Sec.

INTERVIEW WITH STEVE HARRIS

By Brian Smyth

Born in London on November 17th 1961, Steve Harris of Shaftesbury Harriers has only this winter risen to national prominence following wins in the Inter-Counties and National Junior cross-country championships. He is currently studying for a Bachelor of Humanities degree at the West London Institute of Higher Education, where he spoke recently to Brian Smyth.

Congratulations on your 'National' win. Did you ever expect that you would win it?

I guess I had a reasonable chance of it. After the Inter-Counties I thought that I should be up there, it was just a question of how it went on the day because you can never tell how you're going to run a course . . . you could fall over or something like that.

Prior to the Inter-Counties, there wasn't a lot heard about you. How did you rate your chances before that race?

I went with the intention of winning it but again it depended on who turned up. The press give a lot of coverage to those who are known like Dave Lewis, Paul Davies-Hale, Jon Richards, so if they had all turned out I could have been

struggling. As it was they didn't; well Dave did but he wasn't feeling too good. I was fit enough for it; I'd had some good races abroad.

What sort of training were you doing before the 'National'?

General things: steady run on a Sunday, usually with Dave Clarke, reasonable training the rest of the week.

Any specific training for the race?

No. I eased down towards the end of the week though. Thursday I didn't do a fartlek session, which I normally would, and Thursday and Friday I just did a steady run.

Do you do that for most of your races?

Yes, if I consider them important enough.

How did you find the race on the day?

I found it quite easy. The course was nice, and it just seemed to go quite well. I had a lot of people cheering me on, which I think helps a lot. Normally I don't get that as I'm relatively unknown, but there were a lot of people from college or who had heard of me so I was getting good support.

Did you have any plans before the race?

Just to stay with Jon Richards and then move



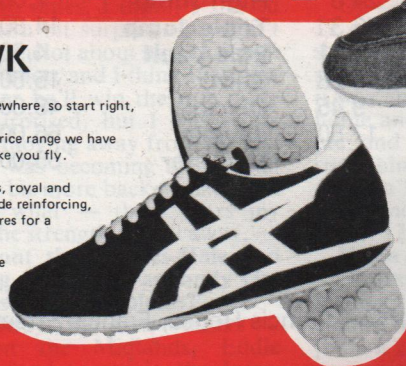
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	Men	Women		Men	Women
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400m	48.8	56.3	Triple Jump	14.80	—
800m	1.52	2.11	Pole Vault	4.50	—
1500m	3.48	4.28	Shot	15.50	13.10
3000m	—	9.45	Discus	48.00	42.00
5000m	14.06	17.50	Javelin	66.00	44.00
10,000m	30.00	—	Hammer	55.00	—
110m/100mH	15.7	15.4			
400mH	54.4	63.4			
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Brian Smyth photo

through when I felt it was the right time.

Did you think he would try to make an early break as he usually does?

Yes, I couldn't really see him running any differently. That seems to be the way he has always run his races. From races I've seen Jon run or heard about him running he's gone to the front and increased his lead from the word go.

Were you surprised when you opened a gap on him even before half way?

Yes. After about two miles, I think, I started moving through. I was a bit surprised he didn't come with me. I'd heard a lot about him although he's only a first year Junior, and I think that next year and the year after he'll win the title quite easily. I was a bit surprised, but I was really confident. We started moving away from the rest of the field and so it was becoming a two-man race and I felt I had a bit more background than Jon because he's — what — three years my junior, so I felt I had the strength to pull away.

When you found out that Davies-Hale and Lewis weren't running, was there anybody else you thought might present any problems?

Well, there were always the area winners — Pemberton who won the Midlands, Eddie Herridge who was second to me in the Inter-Counties, he had to pose a problem. It really depended on whether I could get a good start. I think that was my main worry.

You were definitely aiming to win though?

Oh yes. I had been a bit big-headed at college and it got to the point where I had to win. I enjoy my running but if you do race you've got to go with the aim of winning.

Was it the sort of course you liked?

I like most courses. The Inter-Counties had a hill in it and that's where I pulled away from Eddie Herridge and I think it was on the hills that I started moving away from Jon in the 'National', so possibly hills are my forte, I don't know. I don't think I've done enough top class races to actually say. On the day of the race, Julian Goater came up to me and said 'I believe you can do it'. He told me not to panic and gave me a few tips on how to approach the race.

Did that help?

I think so. He said at one point 'don't go into the lead unless you intend pulling away from the rest of the field'. There was one point I was in the lead and we must have only done about three-quarters of a mile and I thought it was a bit early to go so I sort of eased up a little because I was moving away.

How is it that you've sprung to national prominence from virtually nowhere?

Discipline, I suppose. I come from Ross-on-Wye in Herefordshire and there's absolutely nothing there, no-one to train with, no facilities. Most of my running there is done on the roads. Before I came to college I only trained when I felt like it. Here, there's a great bunch of people to train with who can urge you on, go out with you — fast, slow, how you want. It's easier as well being a student — there's a lot more free time, I suppose.

Is it only since you've been here that your running has started to improve?

Yes. I think I've always had the potential, but it's since I've been here that it has been allowed to develop.

When did you start taking an interest in athletics?

Oh years ago, at secondary school, when I was 11 or 12. One of the teachers from school had seen me running through town; it was just something I did. I used to go home for lunch and it was about a mile or just over, so I used to run home and run back and one of the teachers saw me and said that they had school trials or something coming up and asked if I wanted to run. So I ran the trials and did reasonably well there and ran in the district sports at about the age of 12.

When did you join Shaftesbury?

At the end of last year. Before that I was a member of Hereford AC which is a very good club to start off with. I got some good races, but I think it got to the point where I needed a bit more competition.

Did you have any early success there?

Well, county championships, but then the county isn't that strong on athletics. Nothing else

really. I won the schools county championship once!

What sort of training do you do?

The general sort of training, I suppose; a long run on Sunday, possibly a steady run on Monday, track session Tuesday, or — during the winter — not track but some sort of speed work. Wednesday would be an easy run with the college pack, Thursday would be some fartlek, Friday I suppose a steady run and Saturday a steady run.

Who coaches you?

Tony Saunders from Wolverhampton helped me up until about the beginning of '82 and since then Dick Fisher from the college. He looks after the cross-country group and sets schedules if anybody wants them and I've been splitting my training with him, which has been very helpful. It's good stuff — on a Tuesday he'll work out a track session for everyone to do and we'll do it.

You don't have a schedule which is specifically set for you then?

Not really. It's all good though. I mean last Tuesday the track session was 6×200, 6×300, 6×200, which is quite a reasonable session. It wasn't flat out, but fast enough to know that you had been working. That's sort of the beginning of speedwork.

Where do you do most of your training?

If the track here is in a decent condition I'll do it on the track. If not, and we want to do a track session, then West London is only about seven miles away. Steady runs, we'll do some around

this area, Osterley Park's not far, nor is Richmond Park.

(The evening after this interview, Steve went to meet Harry Wilson to discuss his training and is now training regularly under his guidance).

How important is athletics to you and what do you hope to get out of it eventually?

Enjoyment. Winning titles is nice but I think that's a bit of a bonus really. I mean as long as you can enjoy the sport, that's the main thing.

So it wouldn't break your heart if you never won another National title?

Not really, but then again you win one and you get a bit of pressure on you. Next year I'll be a senior so I hope on-one says I'm going to win it because I won the Junior. I mean Jon had a bit of pressure on him because he won the Youths race last year, but I thought he had a good race anyway. Basically as long as I can enjoy it and I feel that I've had a good run, that's the main thing.

What enjoyment do you get out of the sport?

Well I've met some really good guys, at college and through college, and we have a lot of top class meetings against the Southern Counties, the AAA, Loughborough. I like meeting people, travelling; you can get a lot of trips. You can sort a lot of things out just by going out training. If I'm not feeling too good mentally, I go out for a run and things seem to slip into place.

Do you think the system we have in this country to nurture young talent is a good one?

I think there could be a bit more help for young athletes. In Britain it seems that if you're good everyone wants to look after you, but for those coming up it's different.

Did you have much help as a young athlete?

At home there was a really good guy called Berwyn Jones who was an international sprinter. He was a teacher at my school and he gave me a lot of help, supervising my training when I was at home. But I think it would be better if youngsters did get a bit more help because that's really when they need it. Once they get to the top, admittedly it's hard staying there, but they know what it's like to have got there so at least they should have some sort of discipline to keep there. I think there's a lot of talent that's wasted because youngsters don't get the chance to actually make it.

Do you mean help with training?

Well guidance mainly, organisation. I was sort of a nonentity until I won the Inter-Counties and the National and I suppose things have been happening for me now. I've been invited to Merthyr Mawr to train with the British distance squad, which I don't think would have happened if I hadn't won, and I think it's a bit bad that you've got to do something really well to show that you've got the potential. Before I came here I always believed I could be a reasonable runner and it's when I came to college that it actually started coming out that I wasn't too bad.

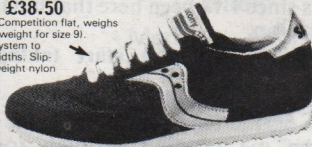


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Steve (807) leading the way at Leeds from Jon Richards (302), Phil Dixon (758), Darren Pemberton (64), Craig Mochrie (552) and Bill Dee (606).



Eric North

What do you intend doing after you leave college?

I'm not sure yet. Basically I came here with the idea of teaching, but to do that I'd have to do a fourth year. Teaching seems to be a bit of a dodgy business at the moment. I could always go into sports recreation management but then I suppose I'd have to do a management course. I've got to start sorting things out now because

there's one year and one term before, hopefully, I take my finals so I've got to start looking round to see what is open to somebody who's taking my certificate.

What are you aiming for this coming season?

Well this year on the track I would like to get my times faster. I'd like to run a couple of the major races, possibly the AAA's, but I think that's only if I can get a fast time. Hopefully I'll

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get qualifying times for things like the AAA's but the main thing is to get faster times, get a lot more enjoyment out of it and generally improve.

What events will you do then?

Mainly I suppose 5000m, but I've really got to work on my 800m and 1500m because the times are abysmal.

What are your personal bests?

You're going to laugh at this! My 800m is 2:05, 1500m 4:05, 3000m 8:19, 5000m 14:15, and I've done 31 minutes as well for 10,000 on a grass track.

Do you ever mix your events at meetings, 400's or steeplechase etc?

Steeplechase is out because I'm a coward! The 400 I like — I can do about 55 sec, possibly faster, but the main reason why my times at 800 and 1500 aren't that fast is that when I used to run for Hereford, in my last meeting for example, I did five events. I started with the 1500, which I won quite comfortably in 4:08, then I did a high jump, then a shot put, then a 3000, then the 4x400. It was always the same, I was doubling up, or in that case it was five events I had to do, and so I think I'm capable of sub-3:50 for 1500 if not faster.

You haven't been doing that since you came to college?

No because they've got 800 and 1500m runners here, but I think possibly I've moved up a bit too early to do 5000's.

You think that it's important to improve on your speed before doing anything else?

Oh yes. Every year now times are getting faster in every event and a lot of races are becoming so tactical that it's just a burn-up right at the end.

There have been some races that have been abysmally slow for the first 10 laps or so, and one of them was really slow — was it the European Cup semi-final — that I think even with my times now I could have stayed with them, but the last couple of laps were virtually Seb Coe speed. So I think it's very important to develop the speed first and luckily I think I'm young enough really at 5000m to do a few and concentrate more on the shorter distances. Once you get decent times it can at least be a psychological advantage. If you're running a 5000 and all you've done is a 4:05 for 1500 and there's someone just in front of you who has done 3:48, if it comes to a burn-up you could be struggling. A lot of races are becoming like that but again, as the races get faster as well, you've also got to have a good background of distance stamina.

Have you any long term targets?

Well, barring injury, and if I improve, I'd like to run the Olympic trials in 1984. It depends on who comes up, who fades out and things like that. I certainly hope I'll be there. There are so many good distance runners now, that every time a major championship comes up, everybody's going for the time and you've got to get up there really.

Do you think you will?

I don't know. I'd like to think I could, but as long as I can enjoy it, that would be the major thing.

Since this interview was conducted on March 18th Steve competed in the World Student Cross-Country Championships in Darmstadt, where he placed 7th — see below.

Soviets clean up in World Student CC Champs

THIS YEAR's World Student Cross-Country Championships, held at Darmstadt (FRG) on March 27th over a switchback course through woodland and wet marsh ground, were dominated by the Soviet athletes. The USSR won both the men's and women's team titles, providing a clean sweep of the first three places in the latter event and filling four of the first six positions in the men's race.

The British team finished a commendable third in the men's 12km event, with Steve Harris the first scorer in 7th place, followed by Kevin Forster (10th), Neil Appleby (13th), Geoff Turnbull (23rd) and Geoff Wightman (35th). Britain placed fourth in the women's 4.5km race, with Chris Boxer finishing 6th, Jean Lordon 12th, Wendy Lodge 22nd and Marina Samy 27th. Running for Germany, and placing 9th, was Susanne Bennett (née Gartner), who is married to an Englishman and runs for Reading AC.

Men: 1, Zimmermann (FRG) 36:50; 2, Herle (FRG) 37:04; 3, Gryasnov (USSR) 37:45; 4, Okorokov (USSR) 37:47; 5, Skonnov (USSR) 37:49; 6, Sidorov (USSR) 37:50; 7, HARRIS 37:51; 8, Salman (Tur) 37:57; 9, Borm (Neth) 38:03; 10, FORSTER 38:10; 11, Dachert (FRG) 38:13; 12, Spottel (FRG) 38:13; 13, APPLEBY 38:26; 14, Vrabel (Cze) 38:28; 15, Lonergan (Can) 38:29; 16, Polo (Spa) 38:31; 17, Horta (Por) 38:37; 18, Grommisch (FRG) 38:40; 19, Kaschanov (Bul) 38:41; 20, Het (Tur) 38:45 ... 23, TURNBULL 39:04; 35, WIGHTMAN 39:38. **Teams:** 1, USSR 18; 2, FRG 26; 3, UK 53; 4, Turkey 100; 5, Bulgaria 123; 6, Tunisia 124; 7, Canada 138; 8, Finland 141; 9, Spain 173; 10, France 219.

Women: 1, Zuchlo (USSR) 15:14; 2, Ilyinikh (USSR) 15:30; 3, Rodschenkova (USSR) 15:44; 4, Schulz (FRG) 16:00; 5, Calleja (Spa) 16:03; 6, BOXER 16:11; 7, Neil (Can) 16:17; 8, Ramos (Chile) 16:22; 9, Bennett-Gartner (FRG) 16:24; 10, Lovenich (FRG) 16:28; 11, Saenz (Spa) 16:30; 12, LORDON 16:32 ... 21, Morrish (Irl) 17:01; 22, LODGE 17:02; 27, SAMY 17:25. **Teams:** 1, USSR 6; 2, FRG 23; 3, Spain 33; 4, UK 40; 5, Belgium 51; 6, France 53.

Schools CC International

England unbeatable at Havant

IT WAS only intervention from Alaister Russell and Lesley Rankin — who finished second and sixth respectively for Scotland in the Junior races — that stopped England scoring maximum points in all four contests at the British Schools International Athletic Board 'Milk In Action' Cross-Country International at Havant on April 3rd.

In idyllic conditions and on a testing course, the white vests of England dominated proceedings throughout, although none of the races were actually won by English Schools Champions of the previous week.

First to go were the Junior Girls and, immediately, Rachel Hughes set about putting to right her Sheffield defeat by Sue Jordan. That she would succeed was, this time, never in doubt as whatever the terrain — and there were soggy fields, gluey woodland tracks and demanding climbs on both soft and hard ground — Rachel's raking stride seemed most at home. Sue held second throughout to repeat her position of 1981, when she was well beaten by Debbie Crowley, although she did have to work hard towards the end to repel Lisa Reilly's challenge in third.

Barry Trowbridge reports



Rachel Hughes leads Sue Jordan (17) and Diane Critchlow in the ESAA CC Champs at Sheffield.

B. Byrne

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Leisa Clements and Susan Renwick completed the first five for the home team, and only a courageous last effort from Lesley Rankin prevented the whitewash. The winter's form would suggest that sixth was a disappointing run for Lesley but her intrusion into an England clean-sweep was, ultimately, a fine performance, for she was very close to vomiting well before the last long climb — a fact that probably went completely unnoticed by the Scottish 'elder' out in the woods who screamed 'that's rubbish girl' in very unpleasant tones as Lesley and Vicki Vaughan went through as high as fifth and sixth in the early stages! Surely at this age it's better to encourage.

"A better start than last week" was Phil Hennessy's own reason for turning the Sheffield tables on Mike Isherwood in the Junior Boys race. Like Rachel before him, Phil was never headed, and after only about a third of the race had pulled Isherwood and Alaister Russell 50m

clear of the rest, headed by Paul Causey. As the race unwound the Medway lad gradually pulled ahead with Isherwood and Russell left contesting second. A gallant effort from the Scot on the final climb took him clear into second, and for a brief moment it looked as though he might even snatch victory, but as the ground levelled out Hennessy turned the screw again and he had a comfortable 13 sec buffer by the tape.

Until Havant, 1982 had not been too kind to Elise Lyon. Forced out of the Inter-League Match just before Christmas through injury, she bounced back almost immediately to win the Southern Inter-Counties, but was back in a trough when placing 48th in the National Inter-Counties at Solihull. The injury and illnesses persisted long enough to prevent her running the 'Southern', but such is her desire to run that she travelled to Carlisle, well off-song, and finished 32nd in the 'National'. Second place at Sheffield suggested that things were back on the 'up' and with consummate ease she confirmed this with the day's biggest win in the Hampshire mud.

Debbie Crowley should have been the one person to shake up the English girls, but like Leisa Clements in the earlier race, she lost a spike early on and never looked like recovering. Personally, I would have thought that in such sticky conditions it would be wise for runners to lace their spikes round the bottom to ensure they stayed on; it would certainly have helped Debbie's cause.

However, with her effectively out of the running the English girls confidently set about their task. Elise, Sally Ramsdale, Jacqui Beasley, Julie Holland and Diane Edwards led the way to the woods (complete with fallen tree) and only the green vest of Patricia Logan spoilt the white domination as Diane Brockley and Sandra Davis followed closely.

Whereas at Sheffield Sally got away on the downhill stretches, it was one of Havant's long upward hauls that saw Elise pull clear, and by the time the runners came out of the woods she was some 70m ahead, with Julie and Diane holding a similar advantage over Sally and Jacqui. The only race from here to the finish was for second, and on the last big climb Diane's legs responded best and she took that honour. Spare a thought for Julie Gough — she finished 11th and was the last English girl in.

The very early stages of the Intermediate Boys race suggested that, at last, England were in a race. The blue vests of Tony Carmichael and Scott Holden went straight to the front and although Tony Leach, David Miles and Paul Taylor were all there or thereabouts, Frank Boyne held sixth and Scotland were looking good . . . but it didn't last.

A kilometre later six of the first seven were, as they had been for most of the day, English, with only Holden in fifth offering any sustained challenge as Gary Horne, Richard Findlow and David Ireland joined the charge.

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Elise Lyon (49), Julie Holland (245) and Jackie Beasley.

Eileen Langsley

Into the woods, and Taylor and Leach led Miles, with Ireland 20m back, just ahead of Horne; but as they re-emerged, about 1200m later, Ireland just headed Taylor and Miles held third from Leach, who, momentarily, had just gone the wrong way up a cul-de-sac. One wondered whether the four lads would share the honour of victory, but at least two of them — Taylor and Leach — had something to prove, and battled it out. Again it was that long last climb that proved decisive as Taylor went ahead and Leach regained touch, and thus it stayed to the finish.

Until last November, Paul Taylor's athletic exploits had been confined to a few school sports days; but with the formation of Copeland AC in Whitehaven and a world in the right ear from Cumbria's running legend, Joss Naylor, he was eased away from amateur Rugby League with Wathbrow Hornets in his native Cleator Moor and into a sport in which he has been a little more than 'instantly successful'.

Although schools' athletics is necessarily keenly contested, the camaraderie was there to be seen as contestants willingly swapped their hard-earned vests; and the success of England's day was summed up by defeated ESAA champion

David Ireland, who said (about his third place) "I'm not bothered really. We won — and there's always next year".

Intermediate Boys

1, P. Taylor (England) 20:11
 2, A. Leach (England) 20:14
 3, D. Ireland (England) 20:15
 4, D. Miles (E) 20:23; 5, M. Hutchinson (E) 20:46; 6, G. Horne (E) 20:49; 7, S. Holden (S) 20:53; 8, R. Quinn (S) 21:02; 9, A. Spellman (I) 21:12; 10, N. Commerford (W) 21:18; 11, D. Rixon (W) 21:19; 12, M. Jones (W) 21:20; 13, R. Findlow (E) 21:21; 14, T. Hanlon (S) 21:26; 15, N. Kelly (I) 21:27; 16, S. Begen (S) 21:28; 17, F. Boyne (S) 21:29; 18, P. Brennan (I) 21:31; 19, A. Carmichael (S) 21:33; 20, K. Tumbleton (I) 21:34; 21, R. Evans (W) 21:40; 22, S. Gharbaoui (I) 21:44; 23, P. Williams (W) 21:48; 24, S. Campbell (S) 21:52; 25, J. Sullivan (I) 21:53; 26, M. Keller (I) 21:54; 27, A. Matthews (W) 21:58; 28, C. Worthington (W) 22:02; 29, A. Phillips (W) 22:03; 30, S. Albutt (E) 23:57. **Teams:** 1, England 21; 2, Scotland 81; 3, Wales 104; 4, Ireland 109.

Junior Boys

1, P. Hennessy (England) 17:20
 2, A. Russell (Scotland) 17:33
 3, M. Isherwood (England) 17:41
 4, P. Causey (E) 17:45; 5, K. Harris (E) 17:46; 6, J. Lamb (E) 17:50; 7, J. Rawlings (E) 18:17; 8, K. Kelly (E) 18:19; 9, G. Noble (W) 18:31; 10, I. Ritchie (S) 18:33; 11, R. Donnelly (S) 18:35; 12, A. Forrester (S) 18:41; 13, C. Donald (S) 18:48; 14, A. Swann (S) 18:50; 15, R. Young (E) 18:53; 16, S. Taylor (W) 18:58; 17, P. Watts (W) 19:04; 18, A. Jones (W) 19:05; 19, A. Davies (W) 19:07; 20, P. Saunders (W) 19:15; 21, S. Wallace (S) 19:21; 22, C. Hignell (W) 19:22; 23, N. Reid (S) 19:44. **Teams:** 1, England 26; 2, Scotland 62; 3, Wales 99.

Intermediate Girls

1, E. Lyon (England) 17:52
 2, D. Edwards (England) 18:17
 3, J. Holland (England) 18:21
 4, J. Beasley (E) 18:35; 5, S. Ramsdale (E) 18:41; 6, D. Brockley (E) 18:48; 7, S. Davis (E) 18:49; 8, P. Logan (I) 18:53; 9, C. Mullen (I) 19:01; 10, P. F. Harwood (W) 19:02; 11, J. Gough (E) 19:04; 12, M. Martin (I) 19:09; 13, T. Moloney (I) 19:23; 14, A. Johnston (S) 19:23; 15, K. Husband (S) 19:29; 16, W. Ore (W) 19:30; 17, M. Wylie (S) 19:35; 18, J. Stewart (S) 19:40; 19, L. McCormack (I) 19:43; 20, C. Lock (W) 19:51; 21, D. O'Hagan (I) 20:00; 22, D. Bramley (W) 20:02; 23, M. Nash (S) 20:04; 24, D. Crowley (W) 20:05; 25, J. Thompson (W) 20:09; 26, B. Morgan (W) 20:17; 27, A. Johnstone (S) 20:20; 28, L. Woods (I) 20:29; 29, M. Davies (W) 21:02; 30, L.

Docherty (S) 21:41; 31, T. Reynolds (I) 22:51. **Teams:** 1, England 21; 2, Ireland 82; 3, Scotland 114; 4, Wales 117.

Junior Girls

1, R. Hughes (England) 13:19
 2, S. Jordan (England) 13:32
 3, L. Reilly (England) 13:35
 4, L. Clements (E) 13:48; 5, S. Renwick (E) 13:51; 6, L. Rankin (S) 13:56; 7, C. Bennett (E) 13:57; 8, K. Scobie (E) 14:00; 9, J. Cameron (S) 14:07; 10, R. Butler (E) 14:09; 11, V. Vaughan (S) 14:14; 12, C. Bartlay (S) 14:17; 13, S. Hamilton (S) 14:24; 14, A. Griffiths (W) 14:33; 15, M. Sprang (S) 14:38; 16, H. McHenry (S) 14:45; 17, S. Jones (W) 14:46; 18, N. Wood (W) 14:48; 19, C. Pugh (W) 14:55; 20, R. Bowen (W) 15:08; 21, E. Palmer (W) 15:12; 22, J. Jones (W) 15:32; 23, K. Whitehouse (W) 16:27. **Teams:** 1, England 22; 2, Scotland 66; 3, Wales 109.

SCOTTISH SERVICES LEAGUE

At Leuchars, March 17th

1, Reynolds (Kin) 37:20; 2, Duffy (CS) 37:57; 3, Gillies (I Gor) 38:41; 4, Johnston (45 Com) 39:26; 5, Green (45 Com) 39:40; 6, Spotswood (45 Com) 39:56. **Teams:** 1, 45 Commando 380; 2, Kinloss 348. **Final positions:** 1, Duffy; 2, Reynolds. **Team:** 45 Commando.

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The astonishing rise of Mark Vile

"YOU will find it hard to believe but he has only done 4:30 for 1500 and 9:48 for 3000 and has not had a coach. He comes from a broken home and now looks after his sister. He was not even able to afford a pair of running shoes, so we bought him some. He told me last night he did not want to run today because he thought he had sustained an injury in the week, when running sixth in the Business Houses race at Keynsham. A remarkable and unassuming athlete". The speaker was George Blackburn, ex-international and Westbury coach; the subject — Mark Vile, winner of the National Youths title that day.

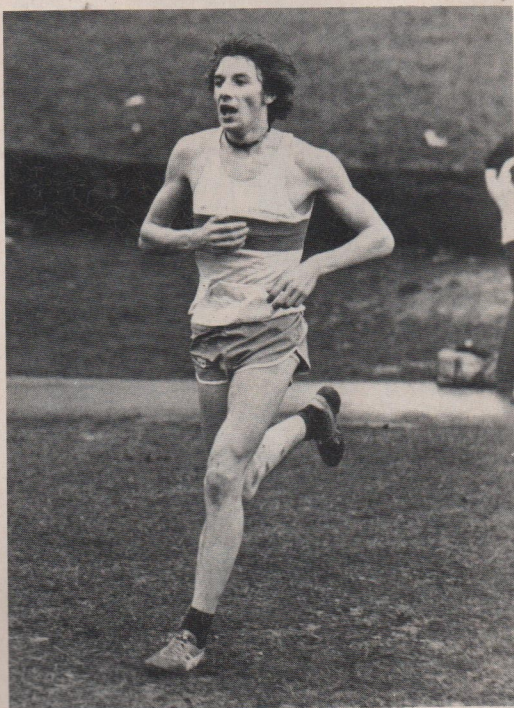
By Alastair Aitken

Mark Vile takes up the story: "I first belonged to Bristol, then I joined Westbury. It was at Westbury that I could not afford to buy a pair of shoes, so they were kind enough to buy me some spikes. The people at Westbury mean a lot to me. I was last in the Gwent League race when I was running for Bristol, so I felt it was a big improvement coming second this year to Matthews, who won three of the Gwent League matches. I feel had he been running in the National I am confident I would have beaten him in that one".

I asked Mark about his background, and he was immediately forthcoming. "My home started breaking up when I came along but it finally broke up when I was 7. I was 9 when I started running at Filton Avenue School. They made us run, we had no choice in the matter, and in fact I did not like it at the time. It was only in the last couple of months that I started winning and doing well really, as last year I never won a Gwent League race". He went on to explain about his training. "I train alone on the road in the evening around 8 to 9 o'clock. I have been advised recently by Chris White. I ran 70 to 90 miles a week for two weeks before the National and 50 to 60 before that".

What were his feelings about this year's National? "I had a bad start but did not speed up or anything like that. I just kept running at one pace and they started coming back to me. If it was not for the tremendous cheers from the crowd in the final straight I don't think I would have won, because the two behind me were catching me up all the time, whereas at one stage I was 50 to 60 metres in front of them. I only finished six seconds clear at the finish".

In the Midland Championships a month earlier Mark had placed second, 9 sec behind Clifton Bradeley (who finished third in Leeds). Mark



"Well, today, I coasted away from him (Clifton Bradeley)".

Peter Tempest

recalls: "Bradeley sprinted away in the Midlands at the start of the last lap and I just went with him. Like with the National, I did not think I stood much of a chance anyway, but I took my chances in the Midlands and went with him and nobody else went with us. We were in the clear. In 'Athletics Weekly' it said he coasted away from me with a kilometre to go; well, today, I coasted away from him!"

Mark (16), who works in a Youth Opportunities Scheme, was asked about what events interest him most in the future. "I will do cross-country but I prefer road running over 5 and 10 miles and the 5000 on the track, because I am too slow for the shorter distances".

© Alastair Aitken, 1982

Roy Marshall (Holb) was omitted from the marathon list published in 'AW', March 27th. He ran 2:32:54 in London last year.

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League Results

SOUTH EAST POLICE LEAGUE

At Ampthill, March 3rd

1, C. Turner (Ex) 26:47, 2, A. Newman (TV) 26:58; 3, P. Bidmead (Sx) 27:00; 4, A. Down (Ex) 27:07; 5, Harrison (TV) 27:20; 6, H. Laithwaite (Sy) 27:26. **Teams:** 1, Sussex 32; 2, Surrey 34; 3, Thames Valley 41. **Final positions:** 1, Turner 398; 2, Bidmead 394; 3, Down 391. **Teams:** 1, Surrey 2190; 2, Essex 2071; 3, Sussex 2060. **(Women):** 1, J. Lamb (Ex) 16:55; 2, W. Lamb (Ex) 16:55; 3, B. Harding (City) 18:47. **Teams:** 1, Essex 7; 2, City of London 14. **Final positions:** 1, H. Billson (City) 379; 2, H. Pownall (Sx) 374. **Teams:** 1, Surrey 1400; 2, Essex 1363.

GWENT LEAGUE

At Swansea, March 13th

1, I. Ellis (Newport) 36:54
2, K. Davies (Newport) 37:16
3, M. Cowman (Westbury) 37:27
4, P. Williams (Swan) 37:30; 5, B. Plain (Car) 38:03; 6, K. Parker (West) 38:14; 7, J. Zaple (Exe) 38:27; 8, B. Hayward (Car) 38:33; 9, A. Roper (Swan) 38:39; 10, K. Jones (Car) 38:45; 11, P. Hitchings (Newp) 38:49; 12, D. Roberts (Car) 38:53; 13, K. Miles (West) 38:54; 14, M. McGeoch (Les. C) 39:11; 15, M. Davies (UC Aberys) 39:15; 16, P. Huckle (Car) 39:17; 17, S.

Smith (Swan) 39:26; 18, J. O'Brien (Bridge-V) 39:32; 19, M. Lane (Newp) 39:42; 20, D. Roberts (Swan) 39:45. **Teams:** 1, Cardiff 989; 2, Newport 982; 3, Westbury 967; 4, Swansea 957. **(Juniors):** 1, G. Hill (Swan) 29:21; 2, A. Smith (Swan) 29:21; 3, N. Adams (Swan) 29:28; 4, N. Boughey (Swan) 29:51; 5, D. Thomas (Swan) 29:53; 6, G. Thomas (UC Swan) 30:01; 7, I. Manners (Cle) 30:13; 8, J. Pimley (Torf) 30:25; 9, P. Parry (Bris) 30:43; 10, S. Anderson (WS&E) 30:51. **Teams:** 1, Swansea 155; 2, Beddau 54; 3, Cardiff 53. **(Youths):** 1, B. Matthews (B&V) 20:50; 2, N. Gooch (Bedd) 21:01; 3, M. Vile (West) 21:30; 4, D. Jenkins (Bedd) 21:43; 5, N. Young (West) 21:53; 6, A. Ormond (Torf) 21:57; 7, A. Millard (Newp) 22:01; 8, M. Jones (B&V) 22:04; 9, S. Alford (West) 22:14; 10, N. Habib (Cant) 22:15. **Teams:** 1, Westbury 388; 2, Barry & V 315; 3, Beddau 304. **(Boys):** 1, P. Williams (B&V) 18:02; 2, C. Worthington (Car) 18:09; 3, A. Phillips (Car) 18:20; 4, B. Gilbert (Durs) 18:24; 5, S. Godwin (Bris) 18:25; 6, C. Hignell (B&V) 18:41; 7, A. Griffiths (B. Gore) 18:42; 8, A. Clayton (Car) 18:46. **Teams:** 1, Cardiff 527; 2, Bristol 468; 3, Barry & V 456. **(Colts):** 1, M. Saunders (Bris) 10:51; 2, S. Taylor (Newp) 11:00; 3, P. Hogan (West) 11:08; 4, A. Jones (A'dare) 11:18. **Teams:** 1, Ferndale LCS 261; 2, Bristol 214; 3, Westbury 212. **(U/11):** 1, G. Alford (West) 9:56; 2, S. Lomas (Exe) 10:02. **Team:** Ferndale LCS. **(U/10):** 1, P. Miller (Bris) 4:28. **Team:** Dursley. **(Women):** 1, K. Lock (Car) 19:22; 2, M.

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ENTRIES CLOSE 5th JUNE

Palmer (West) 19:51; 3, P. Gallagher (West-V) 20:46; 4, L. Gibson (Cle) 20:52; 5, B. Thomas (Car) 20:54; 6, A. Hartley (Car) 21:13; 7, T. Kenward (Car) 21:17; 8, D. Chick (UC Aberys) 21:21. **Teams:** 1, Cardiff 163; 2, City of Plymouth 105; 3, Westbury 73. **(Inters):** 1, M. McKie (Exe) 14:33; 2, S. Hale (West) 14:37; 3, S. James (Newp) 14:39; 4, F. Harwood (Car) 14:49; 5, W. Ore (Bridge) 14:51; 6, C. Douglas (Bris) 15:00; 7, D. Matthews (Swan) 15:09; 8, H. Gould (Bris) 15:11. **Teams:** 1, Bristol 152; 2, Cardiff 141; 3, Bridgend YMCA 122. **(Juniors):** 1, D. Crowley (P. Tal) 9:59; 2, R. Benefield (Bris) 10:07; 3, S. Hawkey (Ply) 10:16; 4, N. Mounty (Bris) 10:19; 5, L. Knight (Bris) 10:22; 6, D. Brambley (P. Tal) 10:23. **Teams:** 1, Bristol 434; 2, Port Talbot 385; 3, Cardiff 365. **(Girls):** 1, C. Pugh (Newp) 9:17; 2, N. Wood (B&V) 9:23; 3, W. Everitt (Bris) 9:26; 4, K. Whitehouse (Abert) 9:30. **Teams:** 1, Bristol 435; 2, Westbury 396. **(U/11):** J. Crowley (P. Tal) 5:00. **Team:** Bristol.

HERNE HILL YA LEAGUE

At Brockwell Park, March 20th

(Youths): 1 eq, P. Haley (Camb. H) & K. Tucker (Med) 24:01; 3, C. Gilby (Camb. H) 24:24; 4, A. North (Bel) 24:26; x, S. Butling-Smith (Ell) 24:37; 6, M. Laws (B'hth) 24:40; 7, M. Blackmore (Bel) 24:44; 8, A. Hawkins (Camb. H) 24:45; 9, S. Skawhra (St. J) 24:46; 10, A. Wilson (Dart) 25:14. **Teams:** 1, Blackheath 88; 2, Cambridge H 88½; 3, Elliott 101. **Final positions:** 1, Tucker 9½; 2, Butling-Smith 30; 3, Laws 49. **Teams:** 1, Elliott 46; 2, Blackheath 46; 3, Dartford 44. **(Boys):** 1, P. Hennessy (Med) 17:48; 2, J. Adams (B'hth) 17:48; 3, B. Royden (Med) 18:00; 4, A. Brennan (Mit) 18:01; 5, T. Day (Ash) 18:03; 6, K. Smith (Dart) 18:09. **Teams:** 1, Medway 57; 2, Mitcham 71; 3, Cambridge H 81. **Final positions:** 1, Hennessy 5; 2, Adams 8; 3, Brennan 25. **Teams:** 1, Medway 68; 2, Mitcham 67; 3, Cambridge H 66. **(Colts):** 1, M. Stickles (Ell) 12:15; 2, H. Thomas (SLH) 12:36; 3, C. Suckling (B'hth) 12:41; 4, I. Polworth (Dart) 12:43. **teams:** 1, Mitcham 48; 2, Dartford 55. **Final positions:** 1, Stickles 13; 2, P. Barry (Mit) 23. **Teams:** 1, Dartford 51; 2, Mitcham 50.

ICKNIELD WOMEN'S LEAGUE

At Kettering, March 21st

1, A. Graham (S&NH) 17:51; 2, K. Brighton (Hunt-I) 18:08; 3, S. Plumb (Hunt-I) 18:26; 4, C. Rawlings (Holb-I) 18:36; 5, J. Hickson (Bed-I) 18:39; 6, S. Cox (Peter-I) 18:54; 7, A. McKim (Lut) 19:04; 8, H. Farrington (Peter) 19:10; 9, D. Ball (Thet) 19:12; 10, A. Turrington (C&C) 19:17. **Teams:** 1, Stevenage & NH 135; 2, Bedford 115; 3, Huntingdon 103; 4, Peterborough 103. **Final positions:** 1, Ball 105; 2, Farrington 100; 3, Turrington 100. **Teams:** 1, Stevenage NH 433; 2, Huntingdon 415; 3,

Bedford 391. **(Inters):** 1, Brighton 131; 2, Hickson 124; 3, Rawlings 121. **(Juniors):** 1, S. Davis (Mil. K) 14:05; 2, M. Brown (Bed) 14:09; 3, S. York (S&NH) 14:17; 4, N. Curtis (Kett) 14:26; 5, R. Quill (Mil. K) 14:41; 6, J. Biggin (Deep) 14:51; 7, T. Green (Hunt) 14:54; 8, T. Saunders (Kett) 14:56. **Teams:** 1, Deeping Sch. 148; 2, Kettering Town 135; 3, Milton Keynes 130. **Final positions:** 1, Davis 147; 2, York 142; 3, Brown 141. **Teams:** 1, Deeping Sch. 457; 2, Milton Keynes 449; 3, Bedford 442. **(Girls):** 1, N. Dilley (Bed) 8:50; 2, J. Eady (Bed) 8:51; 3, P. Higgs (S&NH) 8:57; 4, C. Johnson (Bed) 9:00; 5, C. Garrod (S&NH) 9:04; 6, J. Tierney (S&NH) 9:08. **Teams:** 1, Bedford 268; 2, Stevenage & NH 263; 3, Luton 187. **Final positions:** 1, Dilley 223; 2, Higgs 219; 3, Eady 216. **Teams:** 1, Bedford 857; 2, Stevenage & NH 842; 3, Luton 646.

AVALON LEAGUE

At Yeovil, March 28th

1, N. Gates (B&P) 23:19; 2, P. Russell (Wey) 23:36; 3, K. Parker (West) 24:24; 4, P. Parry (Whit) 24:42; 5, I. Macintosh (B&P) 24:53; 6, I. Manners (Cle) 25:06; 7, T. Judd (T&WS) 25:14; 8, R. Wyatt (Cle) 25:24; 9, J. Flatters (West-V) 25:26; 10, P. Dover (Yeo) 25:30; 11, J. McMann (Yeo) 25:35; 12, P. Thomas (Yeo) 25:36; 13, M. Wassell (West) 25:52; 14, M. Rose (B&P) 25:56; 15, A. Boswell (B&P) 26:05. **Teams:** 1, Bath & P 37; 2, Westbury 44; 3, Yeovil Olym. 54; 4, Clevedon 74. **(Youths):** 1, M. Gane (B&P) 15:59; 2, S. Farr (B&P) 16:06; 3, S. Scholls (T&WS) 16:29; 4, S. Wyatt (B&P) 16:38; 5, A. Manners (Cle) 16:46; 6, S. Towler (T&WS) 16:57; 7, B. Holt (B&P) 17:02; 8, S. Clayton (Whit) 17:08. **Teams:** 1, Bath & P 14; 2, Taunton & WS 31; 3, Clevedon 37. **(Boys):** 1, P. Stevenson (B&P) 12:28; 2, S. Mugglestone (West) 12:41; 3, M. Heritage (T&WS) 13:10; 4, J. Skeels (Yeo) 13:13; 5, J. Wilcox (Cle) 13:15; 6, S. Old (Weston) 13:23. **Teams:** 1, Taunton & WS 34; 2, Yeovil Olym. 49; 3, Bath & P 55. **(Colts):** 1, J. Emery (Cle) 9:01; 2, M. Buffery (Yeo) 9:09; 3, P. Bancroft (Trow) 9:31; 4, J. Roylance (Yeo) 9:34. **Teams:** 1, Yeovil Olym. 42; 2, Bath & P 43. **(Women):** 1, P. Gallagher (West-V) 13:50; 2, A. Willis (Trow) 14:18; 3, J. Wilkinson (T&WS) 14:32; 4, S. Gore (Trow) 14:54; 5, K. Adams (Yeo) 15:10; 6, P. Willis (Trow) 15:42; 7, J. Manners (Cle) 15:43; 8, E. Edes (Trow) 15:57. **Teams:** 1, Trowbridge 12; 2, Westbury 20. **(Juniors):** 1, K. Sweetman (Trow) 9:49; 2, L. Parker (West) 10:11; 3, R. Britton (West) 10:15; +; R. Gadd (West) 10:25; 5, N. Cottrell (West) 10:29; 6, R. Bagwell (Yeo) 10:38. **Team:** Westbury. **(Girls):** 1, R. Stinchcombe (West) 7:53; 2, M. Clark (Whit) 8:10; 3, T. McLaren (West) 8:17; 4, D. Burgess (Trow) 8:23. **Teams:** 1, Westbury 11; 2, Clevedon 28.

THE COE & OVETT FILE - available NOW!

Clarke and Harris warmed up well for Leeds

LOUGHBOROUGH UNIVERSITY had their fifth victory in the last seven years when winning the 34th Imperial College Relay, sponsored by National Westminster Bank, at Hyde Park on February 28th.

In mild conditions, after the mad dash down Rotten Row by most of the 125 starting teams, the field filed out by the Serpentine and Mark Ridgway (Birmingham, 13:55) touched first, followed by Paul Larkins (Coventry, 13:57) and Chris McGeorge (Loughborough, 14:02), who moved through from seventh to third within the last mile. "I was chasing Duncan Black (14:07) of our second team. It is difficult to adapt from being an 800m runner to a three miler!" he said. Still, McGeorge's run was valuable, as he kept Loughborough well in contention, whereas at that stage four of the favourites — West London, Leeds, Durham and Cambridge — were out of the first eight.

On lap two Tim Redman ran 13:55 as the team's fastest man and it put them ahead. Ian Archibald (Durham) moved his team from 26th to second in 13:39, and behind him a consistent Cambridge team came in third, thanks to Mike Novelli (14:01).

Lap three saw Stuart Moore (14:08) snatch the lead for Cambridge in the final stretch, passing Jack Buckner (Loughborough, 14:23). Dave Clarke, for the WLIHE 'Staff' team, ran 13:17, equalling the second fastest lap ever recorded in the race (96th to 54th) and Adrian Stewart took London Poly. from 31st to 14th in 13:59.

Loughborough regained the lead on lap four through Alan Maddocks (14:09), but Steve Harris had a 'blinder' for WLIHE to do the fastest 'official' time (13:27) and pulled up to second. Geoff Wightman (13:29) took Bristol from 24th to fourth.

On laps five and six the first three positions remained unchanged as Andy Green (14:11) and Alan Guilder (14:05) brought Loughborough home in 84:45. It was interesting to note the first team from abroad, Katholieke University Leuven, moved from 52nd on the first lap to ninth at the finish.

Alastair Aitken

1, Loughborough Univ. (C. McGeorge 14:02, T. Redman 13:55, J. Buckner 14:23, A. Maddocks 14:09, A. Green 14:11, A. Guilder 14:05) 84:45;

2, West London IHE (K. Capper 14:26, D. Minter 14:44, A. Bridge 14:09, S. Harris 13:27, C. Thomas 14:19, D. Slipper 14:27) 85:32;

3, Cambridge Univ. (M. Jackson 14:10, M. Novelli 14:01, S. Moore 14:08, J. Miller 14:55, N. Leach 14:07, N. Thinn 14:39) 86:00;

4, Birmingham Univ. (M. Ridgway 13:55, T. O'Donoghue 14:53, M. Hirsch 14:15, T. Leader 15:30, M. Tunstall 14:15, A. Bristolow 14:14) 87:02;

5, Bristol Univ. 87:24; 6, Newcastle Univ. 87:38; 7, Univ. of Lancaster 87:49; 8, Leeds Univ. 87:56; 9, KU Leuven 88:11; 10, Oxford Univ. 88:16; 11, Durham Univ. 88:47; 12, Univ. of Wales 89:05; 13, Loughborough Univ. 'B' 89:18; 14, Southampton Univ. 89:40; 15, Univ. of Kent 90:24; 16, Bradford Col. 90:26; 17, Oxford Poly. 90:44; 18, Alsager Col. 90:49; 19, Sheffield Univ. 91:15; 20, Leicester Univ. 91:21.

Fastest: D. Clarke (WLIHE 'Staff') 13:17; Harris 13:27; G. Wightman (Bris) 13:29; I. Archibald (Dur) 13:39; N. Appleby (Soton), Redman & Ridgway 13:55; P. Larkins (Cov. P) 13:57.

(Women): 1, KU Leuven 47:16; 2, Univ. of Wales 47:47; 3, Loughborough Univ. 49:16. **Fastest:** M. Samy (Bath) 11:29; A. Tooby (UoW) 11:37; S. Tooby (UoW) 11:41.

DOW CORNING HALF-MARATHON

At Barry, March 28th

1, S. Jones (Royal Air Force) 1:02:40
2, D. Fowles (Cardiff) 1:03:43
3, P. Williams (Swansea) 1:06:15
4, B. Plain (Car) 1:06:46; 5, M. McGeoch (Les C) 1:07:23; 6, C. Davies (Bridge) 1:09:08; 7, B. Matthews (B&V) 1:09:33; 8, D. Walsh (Les C) 1:10:17; 9, M. Davies (UC Aberys) 1:10:26; 10, G. McIlroy (Les C-V) 1:10:51; 11, D. Jenkins (Rhym. V) 1:10:59; 12, S. Grisetti (Les C) 1:11:36; 13, J. Hooper (Car) 1:11:54; 14, G. James (B&V) 1:12:04; 15, K. Noble (UC Aberys) 1:12:06; 16, J. Turnbull (Bedd) 1:12:22; 17, S. Johnston (Les C) 1:12:24; 18, P. Guest (Rhym. V) 1:12:26; 19, D. Hargrave (Spark) 1:12:34; 20, J. Riley (Car-V) 1:12:54; 21, N. Whitfield (DCE) 1:12:57; 22, J. Aston (Les C) 1:13:11; 23, R. Nash (B&V) 1:13:19; 24, D. Collier (A'dare) 1:13:37; 25, S. Davidson (Bridge) 1:13:38; 26, A. Jackson (RAF) 1:13:51; 27, G. Aubrey (Bedd) 1:13:54; 28, G. Longley (Uwist) 1:14:02; 29, P. Harding (Ox. C) 1:14:20; 30, A. Slade (Torf) 1:14:26. **Teams:** 1, Cardiff; 2, Les Croupiers; 3, Barry & V. **(Vets):** 1, McIlroy; 2, Riley; 3, J. Walsh (Car) 1:15:52; 4, B. Lee (Les C-O/45) 1:20:00; 5, J. Thorne (Les C-O/50) 1:21:22; 6, R. Foster (Bedd-O/50) 1:21:46; 7, D. Mends (Les C-O/50) 1:22:32; 8, C. Stuart (Les C) 1:22:33; 9, A. Sullivan (Cow-O/45) 1:22:35; 10, F. Hooper (Les C-O/45) 1:23:34. **(Women):** 1, K. Williams (P. Tal) 1:17:52; 2, J. Hulbert (Les C) 1:21:15; 3, E. Williams (P. Tal) 1:24:17; 4, D. Chick (UC Aberys) 1:27:09.

Training In The Sun

NO FEWER than 160 athletes and coaches, the largest athletics group ever to leave the UK, are currently in Portugal for the IAC/BAAB Pre-Season Training Camp from April 22nd to May 2nd.

"With the European and Commonwealth Games in September and October this is a most vital year for British Athletics", said the Camp's Director, Frank Dick, "and our aim is to consolidate Britain's position as the world's fourth-ranking athletics nation behind the United States, the Soviet Union and the GDR. Following a harsh winter a period of warm weather training will aid competitive sharpness and help build the team spirit necessary for international success. I'm particularly pleased that so many of our up and coming athletes have been included in the party; rubbing shoulders with our established stars can only help them to break through".

Following camps in Nice and Madrid the 1982 venue at Acoteias near Albufeira promises to be the best yet.

This whole venture has been made possible by the fund raising activities of the IAC, who have subsidised these camps to the extent of £55,000 over the last three years. This year 53 athletes have been fully supported with a further 17 receiving 50% assistance. All 70 are seasoned

internationals with the exception of shot putter, Billy Cole, who was awarded a special scholarship on the basis of his outstanding potential.

The Board's participation has come mainly in the provision of a central staff of ten, composed of the Director of Coaching, six BAAB Coaches, two Administrators and a Physiotherapist, and in full administrative support for the trip's organisation.

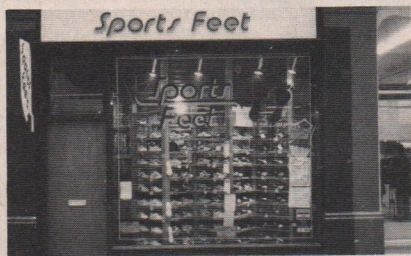
Aside from the nominated athletes and staff a further 80 athletes and coaches are paying the full cost of £200 to enable them to join the party.

Athletes at the Camp include Joan Baptiste, Steve Barry, Irene Bateman, Chris Black, Lorna Boothe, Chris Boxer, Nick Brawn, Bev Callender, Ann-Marie Cording, Gill Dainty, Paul Davies-Hale, Paul Dickenson, Verona Elder, Julian Goater, John Graham, Wilbert Greaves, Steve Green, Jeff Gutteridge, Cherry Hanson, Donna Hartley, Venissa Head, Wendy Hoyte, Joslyn Hoyte-Smith, David Jenkins, Sonia Lannaman, Judy Livermore, Mike McFarlane, Drew McMaster, Rick Mitchell of Australia (now living in Berkshire), Aston Moore, Claude Moseley, Nat Muir, Judy Oakes, Joyce Oladapo, Dave Ottley, Ruth Patten, Berwyn Price, Colin Reitz, John Robson, Simon Rodhouse, Cameron Sharp, Keith Stock (in light training after his achilles tendon injury), Shirley Strong, Earl Tulloch, Chris Warden, Allan Wells and Mike Winch.

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CITY OF SWANSEA ATHLETICS STADIUM

SUMMER 1982

UPPER BANK, LANDORE, SWANSEA. Tel. 469100 NATIONAL & INTERNATIONAL EVENTS

FRIDAY, 7th MAY (6 p.m.) & SATURDAY, 8th MAY (10.30 a.m.)
WELSH WOMEN'S AAA; HEPTATHLON, PENTATHLON, RELAYS, WALKS, 5000m CHAMPIONSHIPS & OPEN 17-19 — 100m, 400m, 800m and JAVELIN

SATURDAY, 22nd MAY & SUNDAY, 23rd MAY (11.00 a.m.)
WELSH AAA AND OPEN DECATHLONS — SENIOR/JUNIOR MEN.
WELSH AAA YOUTHS OCTATHLON AND BOYS PENTATHLON CHAMPIONSHIPS

SATURDAY, 19th JUNE (11.00 a.m.)
WELSH AAA BOYS, YOUTHS & JUNIOR MEN'S CHAMPIONSHIPS & SENIOR 5000m.
SUNDAY, 29th AUGUST (2.00 p.m.)
WALES v EIRE (UNDER 20)

SWANSEA HARRIERS OPEN MEETINGS

WEDNESDAYS — 6.45 p.m.
MAY 26th, JUNE 30th, JULY 21st, AUGUST 18th,
SEPTEMBER 15th

SUNDAY — OCTOBER 10th — 11.00 a.m.
ENTRIES ON THE DAY

EVENTS VARY ON EACH PROGRAMME

LEAGUE MEETINGS

ALL SUNDAYS

JUNE 6th — UK YOUNG ATHLETES — 1.30 p.m.
JUNE 20th — WELSH WOMEN'S — 12.30 p.m.
JUNE 27th — B. P. YOUNG ATHLETES — 2.00 p.m.
AUGUST 8th — WELSH MEN'S — 1.30 p.m.

SCHOOLS EVENTS

WEDNESDAY, MAY 12th — SWANSEA HARRIERS SCHOOLS TROPHY — 6.00 p.m.
THURSDAY, MAY 13th — W. GLAMORGAN SCHOOLS (PART 1) — 5.00 p.m.
WEDNESDAY, MAY 19th — MID GLAMORGAN SCHOOLS (AREA-WEST) — 10.30 a.m.
THURSDAY, MAY 20th — W. GLAMORGAN SCHOOLS (PART 2) — 10.00 a.m.
TUESDAY, JUNE 15th
WEDNESDAY, JUNE 16th — SWANSEA SCHOOLS — 10.00 a.m.
TUESDAY, JUNE 22nd
SATURDAY, JUNE 26th — DYFED v MID GLAMORGAN SCHOOLS — 1.00 p.m.

SCHOOLS LEAGUE

MAY 6th, 11th, 18th, 25th, 17th
JUNE 8th, 9th, 17th, 24th, 25th, 29th
JULY 2nd — all at 3.45 p.m.

SWANSEA HARRIERS

DECATHLONS/PENTATHLONS
HEPTATHLONS

AUGUST 23rd/24th
6.00 p.m.

CUP & COUNTY

MAY 29th — SATURDAY — 1.30 p.m.
B.A.L. & JUBILEE CUP — 21st ROUND

MAY 16th — SATURDAY — 1.00 p.m.
WEST GLAMORGAN AAA CHAMPIONSHIPS

Details of all events will be available from the STADIUM as the season progresses. If interested please supply name & address & telephone number for further information.

CURRENTLY UNDER CONSTRUCTION * GRANDSTAND including covered 60m synthetic straight * ARTIFICIAL GRASS FOOTBALL/HOCKEY AREA.

Belgian CC successes

EMIEL PUTTEMANS (34) won the 7th edition of the AFCENT Brunssum cross-country race in the Netherlands on March 27th. Nobody could follow his murderous pace and he ran out the winner over Nat Muir by 12 sec in clocking 32:47 for the 10.5km course over the sandy and hilly Brunssum heath. Puttemans said after the race that he was confident of breaking Alberto Salazar's world marathon best of 2:08:13 this year. There was another Belgian success when Francine Peeters won the women's race, with Julie Barleycorn third.

1, Puttemans (Bel) 32:47; 2, NAT MUIR 32:59; 3, K. Lismont (Bel) 33:30; 4, RAY CRABB 33:38; 5, Lok (Neth) 33:46; 6, van Huylebroek (Bel) 33:35; 7, MAX COLEBY 34:03; 8, v.d. Haas (Neth) 34:25; 9, Maes (Bel) 34:29; 10, van Laer (Bel) 34:31; 11, Jaspers (Neth) 34:33; 12, CALLUM MURRAY 34:35; 13, ANDY ROBERTSON 34:39; 14, PAUL WATSON 34:43; 15, GLEN FORSTER 34:46; 16, von Papen (FRG) 34:50; 17, GLEN GRANT 34:51 . . . 20, T. BARLOW 35:11; 21, W. CAIN; 24, K. BRACKSTONE; 25, S. SURRIDGE; 26, N. WILSON; 28, T. DAVIES (1st Vet); 30, T. McBRIEN. **Military teams:** 1, Belgium 45; 2, British Army 65; 3, RAF Germany 65. **Club teams:** 1, AFCENT Striders 41; 2, Walthamstow AC 152. **Women:** 1, Peeters (Bel) 17:17; 2, Petersen (FRG) 17:35; 3, JULIE BARLEYCORN 17:53.

RAF (GERMANY) SECOND

The 19th Second Allied Tactical Air Force Cross-Country Championships were held at De Panne (Belgium) on March 11th. This annual event is hosted in turn by teams drawn from the serving members of NATO Air Forces in Europe. Former World Champion Leon Schots demonstrated his class by running a well-measured race to take individual honours ahead of Ray Crabb. This was a typically 'gutsy' team run from Ray who was still suffering the after-effects of a cold that forced his early retirement from this year's English 'National'. Thanks to their domination at the head of the field the Belgian team emerged as worthy winners ahead of a hard-battling RAF (G) side who narrowly failed to repeat their success of the previous year.

Ken Barber

1, Schots (Bel) 30:34; 2, CRABB (RAF) 30:42; 3, Hagelsteens (Bel) 31:22; 4, van Laer (Bel) 31:38; 5, MURRAY (RAF) 31:46; 6, WATSON (RAF) 31:51; 7, Welzel (FRG) 32:03; 8, Hibbe (FRG) 32:07; 9, Stevens (Bel) 32:19; 10, Schuermans (Bel) 32:30; 11, Langhammer (FRG) 32:32; 12, MARZILLIUS (RAF) 32:36; 13, McBRIEN (RAF) 32:44. **Teams:** 1, Belgian AF 43; 2, RAF Germany 53; 3, German AF 79.

OTHER EUROPEAN CC RESULTS

27.2. **Essentuki.** (USSR Champs) 10km: Navolokin 30:27, Sellik 30:29; 14km: Antipov 42:12, Turb 42:33; women's 3km: Ulmasova 9:20, Sadredinova 9:32; 6km: Sipatova 19:40; Krenzer 19:42. 27.2. **Neuss.** (FRG Champs) 10.7km: Salzmann 30:23, Herle 30:31, Orthmann 30:33. Women's 6.5km: Teske 20:44. 28.2. **Nancy.** (French Champs) 11.8km: Watrice 35:30, Levisse 35:40, Boxberger 36:03. Women's 4.5km: Lefeuvre 15:22. 28.2. **Waregem.** (Belgian Champs) 12km: Schots 36:43, de Beck 36:50, Lismont 36:52. 28.2. **Rome.** (Italian Champs) 11.1km: Cova 32:15, Solone 32:35, Gerbi 33:03. Women's 4.1km: Possamai 14:25. 28.2. **Lerida.** (Spanish Champs) 12.5km: Prieto 35:21, De La Parte 35:34, Duran 35:41. Women's 4.4km: Calleja 14:31. 28.2. **Braga.** (Portuguese Champs) Lopes 33:55, Mamede 34:00. 28.2. **Norg.** (Dutch Champs) 12km: Lok 35:39, RAY CRABB (gst) 35:41, Borm 36:03. Women's 4.5km: Beurskens 14:30. 14.3. **Ludwigsfelde.** (GDR Champs) Kunze 29:12, Schildhauer 29:15, Krippschock 29:51. Women: Liebich 5:49, Giggel 6:03. 28.3. **San Vittore Olona (Ita).** Five Mills: 9.5km: Tura (Eth) 30:00, Cova 30:02, MIKE McLEOD 30:06, Kedir (Eth) 30:13, de Castella (Aus) 30:15, Dixon (NZ) 30:21, Schildhauer (GDR) 30:27, DAVE CLARKE 30:32, Kunze (GDR) 30:40, Yifter (Eth) 30:58. Jnrs: Lema (Eth) 23:33, Gelaw (Eth) 23:38, Mokkonen (Eth) 23:40. Women: Waitz (Nor) 17:15, Possamai 17:47, Rodger (NZ) 17:48, O'Connor (NZ) 17:55, Merrill (US) 17:58.

EUROPEAN CATHOLIC WOMEN STUDENTS CC CHAMPS

At Mesnieres En Bray (France), March 21st

(Juniors born 1964 & 1965): 1, L. Davies 10:42; 2, K. Oddy 10:55; 3, S. Barker 11:03; 4, H. Easton 11:06 . . . 6, A. Carmody 11:17; 7, J. Gilbert 11:22; 11, C. Denny 11:48; 12, M. Cropper 12:27. (Cadettes, 1966 & 1967): 1, L. Ramwell 8:30; 2, J. Holland 8:31; 3, D. Brockley 8:50; 4, S. Maguire 8:52; 5, A. Johnston 9:09; 6, M. Davies 9:17 . . . 9, R. Walby 9:28; 12, G. Smith 9:39; 13, J. Yates 9:47; 15, R. Dunne 9:53. **Teams:** 1, GB 21; 2, France 67. (Minimes, 1968 & 1969): 1, S. Jordan 7:23; 2, T. Toone 7:27; 3, M. Rooney 7:29; 4, H. Saunders 7:40; 5, G. Shannon 7:45; 6, S. Hicks 7:52; 7, C. Beasley 8:00 . . . 13, C. Bertelli 8:14; 14, J. Lyons 8:34; 15, S. Hall 8:58. **Teams:** 1, GB 21; 2, France 69.

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Hugh Jones in great form

ANYONE hoping to beat Hugh Jones in the London Marathon will need wings, predict athletic experts in Hungary who have watched his recent successes.

The first came in The Hague on March 27th, six days after he had come 11th in the World Cross-Country Championships, when it appeared that his winning time in the City-Pier-City half marathon of 61.06 would be a new world best for the distance. But it was later discovered that the course was 400-500m short (though the same as that run in 1980 when the previous course record of 63:46 was set by Oyvind Dahl of Norway).

The route was flat, with a lot of bends and obstacles (mostly human, also dogs and bikes), and the weather was warm. Jones had flown from Budapest to meet the rest of the four-man British team, but Nick Brawn was still affected by the flu that had knocked him out of the Golden Marathon, and Dave Cannon was not up to it after his 30km run in Japan three weeks earlier. John Graham (after seven cokes the previous evening!) stuck with Jones for 2km until both had to take evasive action from a large dog. A little later Cor Vriend was dropped and Jones was on his own . . . but. "I was leading", recalls Hugh, "but suddenly the Dutchman who I'd got away from cut the corner and I found him on my shoulder again. I wasted a lot of energy shouting during the race at short-circuiting runners, old women with dogs, and obstructing pressmen".

Passing through 5km in a time given as 14:25, Jones raced further and further away despite feeling stiff from quite early on. After heading out to Scheveningen Pier he turned along the promenade (10km came up in 29:20) and said he was not particularly tired at the finish. "The main difficulty came the following day when I went down with a heavy cold".

His training was reduced to a mixture of coughs, splutters and bed, and the whole of the week following the Dutch race he was mainly on a diet of lemon and honey. However, on the Friday (April 2nd) he travelled to the Hungarian-Czechoslovak border intending to watch the 9.4km race from Komarom, across the Danube to Komarmó in Czechoslovakia for the unique liberation race celebrating the freedom of the two countries from the Nazis by the Russians in 1945.

He had run 38km in the previous 24 hours, including 13km that morning, so a race was hardly planned . . . but he ran, and won, with an incredible sprint over the final 600m, thus becoming the first Briton to win the race.

"I didn't know I was going to run until three hours before the race, and I hadn't even come with the right visa, but that was arranged at the last minute. It was hard all the way and I was always expecting to be overtaken".

Hugh Jones is now training hard under the guidance of Hungarian marathon coach Jozsef Babinyecz, and his ambitions are to win the London Marathon and then the European title.

The Hague, March 27th: 1, JONES 61:06; 2, Lambrechts (Neth) 62:06; 3, Chauvelier (Fra) 62:56; 4, Salzmann (FRG) 62:56; 5, JOHN GRAHAM 63:07; 6, Nijboer (Neth) 63:19; 7, Mitka (Pol) 63:22; 8, van Oss (Neth) 63:23; 9, Marczak (Pol) 63:24; 10, RICHARD CHARLESTON (Chelm) 63:43 . . . 19, DAVE CANNON 65:04. Teams: 1, Netherlands (Lambrechts, van Oss, Vriend) 23; 2, England (Jones, Graham, Cannon) 25; 3, France 37. Women: 1, Stiphout (Neth) 74:34; 2, Ilands (Bel) 74:45.

Komarom-Komarmó, April 2nd: 1, JONES 27:26; 2, Kevekjarto (Hun) 27:29 . . . 5, Peter (GDR).

Stephen Instone

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PARKLAND RACES

(Under AAA's Laws)

SUNDAY, 9th MAY, 1982

First race 1.30 p.m.

- | | |
|----------------|---------------------------------|
| 1. COLTS U/12 | 1½ Mile Race (record 7.27) |
| 2. COLTS U/14 | 3 × 1½ Mile Relay (record 7.17) |
| 3. BOYS U/16 | 3 × 1½ Mile Relay (record 6.46) |
| 4. YOUTHS U/18 | 3 × 1½ Mile Relay (record 6.28) |
- Ages as at 1.4.82

Prizes: New lap records, fastest individual, first 3 teams in each age group.

Entries: Event 1 30p per individual, no team; Events 2, 3 & 4 80p per team.

To: Mrs S. Barnes, 29 St. Peters Avenue, Haslingden, Rossendale, by May 5th.

PROVISIONAL DATE: 6th June — Track Relays Meeting. All age groups, male and female.

YOUNG EAST GERMAN COLLECTS TWO WORLD RECORDS

RALF KOWALSKY (GDR) who celebrated his 20th birthday just six days earlier, set two world track walking records in East Berlin on March 28th. He covered 28,358m in 2 hours and completed 30km in 2:06:54, the previous marks being 28,165m and 2:08:00 by Spain's Jose Marin. Uwe Dunkel was 2nd in the 30km race (2:11:30), with Dietmar Meisch 3rd in 2:13:10. Kowalsky's astonishing progression: 1977 — 49:51.0 (10km); 1978 (age 16) — 44:03.0; 1979 — 42:18.0; 1980 — 39:31.2; 1981 — 38:54.75, 1:21:40 (20km road).

Other European results: 27.2. Essentuki (USSR). 10km road walk: Matveyev 40:20, Prozyschin 40:24, Sankowski 40:29; women's 5km: Khrushova 23:10, Tschugunova 23:12, Deverinskaya 23:17. — 3. Sochi (USSR). HT: Sedykh 77.32, Nikulin 76.44, Litvinov 75.28; JT: Puuste 85.82; women's DT: Savinkova 65.44.

6.3. Gladbeck (FRG). Women's JT: Peters 59.46.
14.3. Barcelona. Mar: Pinocci (US) 2:14:30, DON FAIRCLOTH 2:20:48, T. da Silva (Por) 2:22:13.
14.3. Kandel (FRG). Mar: Muller 2:19:03; women — Fina (Aut) 2:40:51.
21.3. Geneva. Mar: MIKE KEARNS 2:13:50, IAN THOMPSON 2:15:28, Tolstikov (USSR) 2:15:31.
28.3. Reims (Fra). 50kmW: Guebey 4:07:47.
4.4. Cannes (Fra). Exhib PV: Bellot 5.50, Vignerot 5.30 (5.75 in training a week later).
10.4. Arles (Fra) PV: Houvion 5.50.

JAPAN: American sets world best

Cathie Twomey (25), of the USA — winner of the WAAA 3000m title last summer — set a world's best time of 1:06:52 in a 20km road race at Nagoya on March 7th. In a close finish she defeated Japan's rising star Akemi Masuda (18), whose time of 1:06:55 was also way inside Allison Roe's previous figures of 1:08:22. Masuda had, on February 21st, set a Japanese marathon record of 2:36:34 in her first attempt at the distance. Twomey and Masuda passed 10km together in 33:48 and 15km in 50:12.

7.2. Beppu. Mar: Hodge (US) 2:15:43, Nishimura 2:15:50, Wood (Aus) 2:16:45, Stahl (Swe) 2:17:16.
11.2. Kyoto. Mar: Furuta 2:17:58, Marczak (Pol) 2:19:06.
11.2. Katsuta. Mar: Ohtsuka 2:16:03.
14.2. Miyazaki. 30km: Matsuo

Continued on page 54

Cathie Twomey and Akemi Masuda motoring along in the Nagoya 20km race.



photo: Yomiuri Shimbun

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Midland Women's Road Relay Championships

At Rugeley, April 4th

1, Birchfield (S. Lappage 8:04, G. Dainty 7:18, T. Bateman 7:27) 22:49;

2, Leicester (J. Burtonwood 7:38, S. Simpson 8:04, K. Butters 7:45) 23:27;

3, Wolverhampton & B (S. Kerambrum 7:59, J. Perry 7:56, S. Warrilow 7:47) 23:42;

4, Coventry (C. Clark 7:59, J. Cooke 8:13, N. Carmody 7:36) 23:48; 5, City of Stoke 24:03; 6, Westbury 24:31; 7, Clevedon 24:36; 8, Bromsgrove & R 24:40; 9, Cannock Chase 25:01; 10, Wolverhampton & B 'B' 25:44; 11, Warley 26:15; 12, Royal Sutton Coldfield 27:39; 13, Worcester 28:07; 14, Stourport 28:39. **Fastest:** C. Bradford (Cle) 7:02; Dainty 7:18; Bateman 7:27; B. Smith (B&R) 7:32; Carmody 7:36; M. Palmer (West) 7:37; Burtonwood 7:38. **(Inters):** 1, Coventry (S. Batstone 7:30, A. Carmody 8:22, E. Jones 7:55) 23:47; 2, Tipton (S. Maybury 8:28, T. Hooper 8:20, N. Fletcher 7:46) 24:34; 3, Birchfield (H. Marks 7:53, L. Wainwright 8:24, M. Travers 8:24) 24:41; 4, Cannock Chase 25:05; 5, Notts 25:14; 6, Wolverhampton & B 25:15; 7, Bromsgrove & R 26:35; 8, Solihull & SH 27:05; 9, Leicester 28:02; 10, Tipton 'B' 28:15; 11, Stourport 28:48. **Fastest:** Batstone 7:30; Fletcher 7:46; J. Penfold (Cann) 7:49; L. Ingram (W&B) 7:52; Marks 7:53; Jones 7:55.

(Juniors): 1, Solihull & SH (B. Hayes 7:07, L. Growcock 6:54, K. Growcock 6:49, J. Hurley

7:05) 27:55; 2, Cannock Chase (R. Freeman 7:01, H. Glover 6:49, G. Steadman 7:33, H. McDonald 6:42) 28:05; 3, Bromsgrove & R (S. Davis 6:45, M. Betts 7:05, J. Wormington 7:21, L. Potter 6:57) 28:08; 4, Notts 29:16; 5, Ald. Callow Sch. 29:48; 6, Card. Wiseman Sch. 29:50; 7, Westbury 30:01; 8, Coventry 30:08; 9, Rugby 30:35; 10, Tipton 30:46; 11, Birchfield 31:07; 12, Bromsgrove & R 'B' 31:16; 13, Solihull & SH 'B' 31:37; 14, Halesowen 31:50; 15, Leicester 32:30; 16, Stourport 32:58. **Fastest:** McDonald 6:42; Davis 6:45; Glover & K. Growcock 6:49; L. Growcock & C. Mercer (Ald. C) 6:54. **(Girls):** 1, Solihull & SH (S. Coyle 7:07, S. Bishop 7:11, L. Siviter 7:12, V. Quinn 6:54) 28:24; 2, Solihull & SH 'B' (S. Jakeman 7:02, P. Mannion 7:26, V. Wilson 7:24, J. Steele 7:34) 29:24; 3, Westbury (S. Fowler 7:16, T. McLaren 7:16, J. Weeks 7:58, R. Stinchcombe 7:05) 29:35; 4, Cannock Chase 30:14; 5, City of Stoke 30:18; 6, Leicester 31:03; 7, Rugby 30:19; 8, Tipton 31:06; 9, Coventry 31:15; 10, Solihull & SH 'C' 31:33; 11, Warley 32:13; 12, Leicester 'B' 32:30; 13, Worcester 32:32; 14, Bromsgrove & R 32:33; 15, Stourport 32:48. **Fastest:** Quinn 6:54; L. Chambers (Rug) 7:01; Jakeman 7:02; L. Robinson (Cov) & Stinchcombe 7:05; Coyle 7:07.

Running

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AW13

The problems of staging the 'National'

By Cyril Parr (Immediate Past President of the ECCU)

WITH REFERENCE to Alastair Aitken's excellent interview with Eddie Hardy, this year's President of the ECCU, I would like to take an early opportunity (with the prior knowledge of Barry Wallman) of giving our constituent clubs a better appreciation of discussions which have been occupying the Emergency and Executive Committees on the increasing problems of staging the National.

During the past five years it has become increasingly obvious that, if the National field continues to get larger, Areas will eventually find it impossible to find venues with suitable dressing accommodation. Three years ago Barry Wallman circulated all clubs with a questionnaire seeking to obtain a consensus as to how the number of competitors could be reduced. When the results became available there was such a very wide variance of opinion that considerable time had to be spent analysing the results. The Emergency Committee spent many hours on discussions which often lasted well into the night and when these efforts were summarised into a form for presentation to the Executive Committee, and subsequently for presentation to the Annual General Meeting, it was realised that very little could be achieved by putting into operation the resulting restrictions on entry.

Restriction by age was considered and the obvious arguments against were discussed but this is only one aspect of a whole series of part solutions.

Restriction of entry to the National Championships to clubs and individuals who qualify by performance in the Area Championships was a suggestion confined to a very small number of clubs and it only became a major discussion point in January this year at a meeting where the majority of our Executive were unable to get to Leeds because of the appalling weather conditions in the South and Midlands. This is, no doubt, a subject to which the ECCU Committees will give a great deal of attention in the future and, because we are a democratic body, all constituent clubs will be consulted and if general agreement is obtained they will be asked for suggestions on ways and means of administering the scheme.

To illustrate the problem it is probably worth mentioning that this year Jack Haslam found that the only place which could stage the National in the North was Leeds.

In 1981, despite considerable and willing support from the GLC it was necessary to persuade local organisations to help out with dressing accommodation which, because of the

very wet and muddy condition of the athletes, it is extremely unlikely will become available again. In addition the dressing accommodation at the Parliament Hill Lido is scheduled for demolition. Harry Hicks circulated all clubs in the South who could take the Southern and did not receive one offer.

Headmasters of schools are frequently willing to co-operate but the caretakers, who have the job of cleaning up, are not often in favour of having mud deposited in their schools on a Saturday afternoon.

The entry of Joggers Clubs has not yet become a major problem but it is a potential time bomb for organisers who, because of the nature of our sport, have to provide washing facilities.

Finally, the expertise of our international athletes is always welcome on the Area and National Committees but unfortunately very few come forward and in order not to deter all those officials who we hope will follow us on to the Committees it should be said that the great majority of Committee members were club runners who came into administration through the process of spending most of their free time at weekends finding and marking courses, getting teams together, committee work at club and county level and, yes, even serving teas and cleaning up dressing rooms.

A marathon, cross country and jogging club — Richmond & Zetland Harriers — has recently been formed in Yorkshire. The club secretary is G. Atkinson, 29 Alexandra Way, Richmond, Yorks, DL10 4PT (Tel: 4746).

SRI CHINMOY ATHLETIC CLUB

10 KILOMETRE OPEN ROAD RACE

(Under S.A.A.A. & S.W.C.C.U. Laws)

EAST KILBRIDE

8.00 a.m., SUNDAY, 2nd MAY, 1982

Registration and changing: St. Bride's High School, Plathorn Drive, East Kilbride.

Course: Accurately measured. Time splits and markers each kilometre.

Prizes: Trophy to 1st Man, 1st Lady; Medals to 1st Jnr, Snr, Vet Men and Ladies. Running log books to first 10 finishers. Certificates to all runners. Light breakfast after race.

Entries: 50p to B. J. Grassom, 72 Lock Awe St. Leonards, East Kilbride, Glasgow G74 2EW, or enter on day.

OVERSEAS NEWS Continued from page 51

1:33:03; women's 20km **JULIE BARLEYCORN** 1:12:24, Kaneko 1:14:28, Tajima 1:14:48. **21.2. Chiba.** Women's Mar: Masuda 2:36:34 (rec). **21.2. Ohme.** 30km: Pfeffer (US) 1:31:20, MALCOLM EAST 1:32:01, Watanabe 1:32:33, Nishi 1:33:32 (10,869 runners). **7.3. Nagoya.** 30km: Boileau (Can) 1:31:35, DAVE CANNON 1:33:11, Kawaguchi 1:33:41; women's 20km. Twomey (US) 1:06:52 (world best), Masuda 1:06:55, O'Connor (NZ) 1:09:03. **14.3. Ohtsu.** (National Champ) Mar: Mizukubo 2:15:23, Kudoh 2:17:12, Yuge 2:17:50. **14.3. Nagoya.** Indoor PV: Hintnaus (US) 5.50. **21.3. Tokyo.** Indoor 3000 Walk: Gonzalez (Mex) 11:43.8.

28.3. Seoul (S. Korea). Mar: Whitty (Aus) 2:14:34, Masong (Tan) 2:15:10, Persson (Swe) 2:15:36 . . . 34, Rodgers (US) 2:28:34; women — Roe (NZ) 2:43:12.

USA: Carl Lewis opens with 10.16

6.3. Fresno. TJ: Ellard 16.71. **6.3. Washington.** Women's 20km road: Conz 69:31. **6.3. Mobile.** 10km road: Rodgers 29:00 . . . 10, ERWIN HARTEL 30:01; women — Webb 33:02. **7.3. Denver.** 7.64M road: Lindsay 36:43, Rodgers 36:52. **14.3. Cherry Hill.** 10M road: Gorman 47:56, Baker 47:57, MALCOLM EAST 48:12. **20.3. Houston.** Women's JT: Olson 59.44. **20.3. Athens.** 100: (+4.8m) Herschel Walker (1.85/6'1", 102kg/225lb) 10.10w, Campbell 10.19. **21.3. Jacksonville.** 15km road: Musyoki (Ken) 43:34, NICK ROSE 43:35, DAVE MURPHY 44:20, ADRIAN LEEK 44:29, Ludwowski 44:50, CHRIS BUNYAN 45:16, DAVE LONG 45:22 . . . 15, TONY STAYNINGS 46:11; women — WENDY SMITH 49:52, Groos 51:22, Gareau (Can) 52:29. **27.3. El Paso.** 400: Cameron (Jam) 45:48; HJ: Ottey (Can) 2.19; DT: Walvik (Nor) 63.30, Scott 62.02. **27.3. Tempe.** TJ: Mayfield 16.72. **27.3. Santa Barbara.** SP/DT: Dean Crouser 20.29/61.62; HT: MATT MILEHAM 65.12, Crouser 59.60; JT: 2, Crouser 72.74. **28.3. Gainesville.** LJ:

Myricks 8.00. **2/3.4. Williamsburg.** Women's 1500: JO WHITE 4:19.9 (& 2:05.0 800 relay leg). **2/3.4. Stanford.** 400: Edwards (Bar) 45.6, Turner 45.7; Mile: O'Sullivan (Irl) 4:00.1; 5000: Padilla 13:35.8, Rono (Ken) 13:37.5, Donoghue 13:39.9; 110H: Campbell 13.63, Stewart 13.69, Wilson 13.74; SP: Oldfield 20.25, Dolegiewicz (Can) 19.97; DT: Wilkins 63.50; HT: Urlando (Ita) 72.06, McKenzie 70.70, Ed Burke (42) 68.50 . . . 5, MILEHAM 66.88; 10, SHAUN PICKERING 61.30; women's 400: Nedd 52.57; Griffith (Guy) 53.21; 3000: (15m short) MONICA JOYCE 9:09.5 (& 3:20.2 1200m relay leg). **2/3.4. Austin.** 3000SC: Sirma (Ken) 8:33.8; 400H: Montgomery 49.79, Smith (Jam) 50.31 (& 5th 110H — 14.15) HJ: Ottey (Can) 2.25, Woodard 2.23; PV: Olson 5.56; SP: Jakobsson (Ice) 20.03; DT: Crowell 64.54, Jakobsson 61.08 . . . 5, BOB WEIR 56.22; JT: Vilhjalmsen (Ice) 76.54, Darling (Can) 75.92, ROALD BRADSTOCK 73.36; 4x100: Houston 38.9; 4x400: Alabama 3:03.6; women's 5000: Larrieu-Smith 15:51.5; 100H: Turner 13.2; 400H: Etienne 58.15; SP: Hauch (Can) 16.60. **3.4. Tempe.** 100: (+0.1m) C. Lewis 10.16; Mile: Aragon 4:01.12 . . . 5, GRAEME FELL 4:05.15; 110H: (nil) Turner 13.55, Lenstrophm 13.70, Milburn 13.74; TJ: Garner 16.50; DT: RICHARD SLANEY 58.60; 4x100/4x200/4x440y: Arizona State 38.93/1:21.01/3:03.81; relay legs — 200: Evans 19.3; 440y: Yearwood 44.6, Henley 44.8; 880y: Robinson 1:46.6; women's 400H: Farmer (Jam) 59.38; LJ: Scott (Jam) 6.37; SP: MEG RITCHIE 15.79; DT: Stalman (Neth) 64.32 (rec; —, 64.32, —, —, 64.18, 63.66), RITCHIE 63.96 (61.42, 63.96, —, 61.58, —, 58.86), Deniz 59.42. **3.4. Cape Girardeau.** 100: White 10.26; (B) Magee 10.25; 3000SC: EDDIE WEDDERBURN 8:37.50, Stevens 8:39.84, BUNYAN 8:49.17; women's 100: Pernel 11.32.

Pan Zeniou placed 15th in an indoor pentathlon at Canyon, Texas, on February 20th with 2981 pts: 55mH — 7.97, LJ — no valid jump, SP — 13.88, HJ — 1.90, 600y — 1:17.78.

CANADA: Diane Konihowski out of Games

Commonwealth pentathlon champion Diane Jones Konihowski will not be seeking to become the inaugural heptathlon champion in Brisbane . . . she has a baby due at about that time. Her coach, Lyle Sanderson, reports that Diane hopes to be very fit for the all-important events of 1983 and 1984.

27/28.2. Saskatoon. (Canadian Indoor Champs) 50m: Johnson 5.70; 50H: McKoy 6.70 (6.66 ht); HJ: Alain Metellus (16) 2.18; PV: Colivas 4.90; women's 50: Bailey 6.35 (6.32 ht); 200: Brothers 24.3; 50H: Blackwood 7.12; SP: Ionesco 16.09. **6.3. Edmonton.** (i) 600m: Newhouse 77.90. **13.3. Quebec City** (i) 600: Newhouse 77.67; 60H: McKoy 7.89; HJ: Pitter 2.15; SP: Balkovich 17.21; women's 300: Gilkes 38.93.

**A KEY DATE FOR ALL ROAD RUNNERS
MIDDLETON'S****"MOONRAKER"
HALF MARATHON****SUNDAY, 25th JULY, 11.00 a.m.**

(Under AAA/WAAA Laws)

- An event in which everyone can be a winner • Spot prizes in whole field • Chance to raise funds for your Club or favourite charity • Commemorative medals for all finishers • Gala day outing for all to enjoy • Undulating course, Police approved • Excellent preparation for Pony •

Entry forms and details:

Send S.A.E. to Roger Colson, 5 Hollins Drive,
Middleton, Manchester M24 3LF.

FIELD LIMITED TO 2000 — ENTER EARLY

NZ: Scott Wins 'Fastest Mile'

Steve Scott (US) scorched to the world's fastest mile time of 3:31.25 in a downhill race through Auckland's main city thoroughfare of Queen Street on April 3rd. Scott led the scramble down the steepest part of the street over the first quarter. Four runners — Scott, John Walker, Irishman Ray Flynn and Mike Hillardt of Australia — were abreast at the half mile, hit in 1:43.6! Walker forced the pace to lead at the three-quarters in 2:33.9 but Scott had too much speed over the closing stages as Walker faded back to fourth. New Zealand's 800m champion Christine Hughes won the women's event in 4:03.07, also by far the fastest ever recorded. The course dropped a total of 205 feet, making comparisons with track times meaningless. 1, Scott 3:31.25 (3:18.2 at 1500m); 2, Hillardt 3:32.20; 3, Flynn 3:32.75; 4, Walker 3:33.93; 5, Rogers (NZ) 3:37.23. Women: 1, Hughes 4:03.07; 2, Overall (NZ) 4:09.42; 3, Moore (NZ) 4:13.43.

Trevor Wright gained his first New Zealand title, winning the national marathon championship at Whangarei on April 3rd in 2:19:34. Wright was hoping to qualify for the NZ team for Brisbane, and needed a time of 2:15 to satisfy the selectors. With no competition he reached halfway in 1:07 but found the course unsuitable for a fast time and settled down to win easily. Dave Currie was 2nd in 2:23:24 and Bruce Blair 3rd in 2:23:34.

Murray McKinnon

Meg Ritchie Throws 64.24m**UK RESULTS ROUND-UP**

20.3. Stanford. HT: S. Pickering 63.24. **9.4. Knoxville.** 10,000: 3, Simon Cahill 28:47.10; 4, C. Bunyan 28:48.60; women's 3000: 2, B. Madigan 9:15.50. **10.4. Provo.** Women's SP/DT: M. Ritchie 16.78/64.24. **10.4. Dallas.** TJ: K. Connor 16.00; HT: 2, R. Weir 63.30; JT: 2, R. Bradstock 74.66. **12/13.4. Nottingham.** 48 hour track race: M. Newton 227M 188y (**world best**). **17.4. Bristol.** Women's LJ: J. Oladapo 6.41 (marginal foul of 6.62). **17.4. Enfield.** Women's 200: T. Burges 24.3; DT: L. Whiteley 50.06. **17.4. Crystal Palace.** Women's SP: A. Littlewood 15.93. **17.4. Southampton.** Women's 100/200: H. Barnett 11.9/24.2; LJ: S. Longden 6.10; SP: J. Oakes 16.56. **17.4. Strood.** Women's DT: J. Kane 51.20. **17.4. Hebburn.** 6M road: S. Cram 27:00. **17.4. Brighton.** Women's 20km walk: L. Millen 1:47:35 (**UK best**). **18.4. Ruislip.** Finchley/Inter-Counties '20': M. Gratton 1:42:44, D. Faircloth 1:43:09, R. Sinclair 1:43:14. Team: Yorks. **18.4. Meadowbank.** 800: P. Forbes 1:48.81.

Ken Tollady, of 18 Adderley Road, Harrow Weald, Middlesex, has a few miscellaneous cross country programmes and programmes from the 1981 Bislett and Oslo Games for disposal for the price of postage. He can be contacted on 01-863 6920.

FARNWORTH

is coming on. Next time you're near, pop in and have a look. It's 50 metres off the motorway (A666M) take the left turn towards Farnworth. It's at **59 Manchester Road, Farnworth, Nr Bolton. Tel. Farnworth 72000.**

**HYDE, CHESHIRE.**

148/150 Market Street. Tel. 061 366 9191 (Mail Order 061 368 8008)

If you are in the area, why not visit our famous running shops in Hyde. You will be most welcome to browse around and inspect our fabulous range of footwear at your leisure. Running shoes, running clothing, accessories, books and magazines. Open all day, every day (except Sunday) 9.00-5.30. Late opening Fri., Sat. until 6.00 p.m.

**RUNNING WILD SHOPS**

VETERANS 10Km ROAD RACES

Men's Inter-Counties Women's Handicap

LEAMINGTON SPA

SUNDAY, 23rd MAY, 1982
1.00 p.m.

MEN from Mid-Warwickshire College of Further Education, Leamington Spa. Trophies all age groups: County teams made up on the day; 40-49 years four to count, over 50 years three to count. Individual entries stating County and date of birth and age group with 75p made out to George Phipps, 164 Millbank, Warwick, CV34 5TJ, **before Saturday, 15th May.**

WOMEN from Warwick District Council Track, Edmonscombe Track, Leamington Spa. Prizes, subject to entries to fastest and 3 handicap places. Entries 75p, stating best veteran performance or estimated time for 10 Km or nearest to Miss Jeanne Coker, 8A Heather Park Parade, Heather Park Drive, Wembley, Middlesex HA0 1SL. **Entries close Saturday, 15th May** — no late entries acceptable.

UNIVERSITY OF LONDON A.C. 1982 FIXTURES

5th May, 6.00 p.m. — **ULU Championships, Motspur Park.** Open to present students. Entries to Mr White, PE Organiser, ULU Building, Malet St., London WC1E 7HY. Tel. 01-580 9551. No entries on the day. Get your college to enter you for the ULU Championships.

8th May, 2.00 p.m. — **At Iffley Road.** UL v Oxford Univ., Birmingham Univ., R. A. & Borough Road College. Men & Women, 2 per event.

19th May, 6.30 p.m. — **At Motspur Park.** UL v Royal Navy, Army AA, Kent AA, Blackheath H., TVH, Polytechnic H. UL Women v Army WAA, Navy WAA, 2 per event.

26th May, 6.00 p.m. — **At Motspur Park.** UL Past & Present v Southern Counties, British Polytechnics. Men & Women, 2 per event.

2nd June, 6.00 p.m. — **At Motspur Park.** United Hospitals Championships.

9th June, 6.00 p.m. — **At Motspur Park.** UL Ladies Match v Kent WAAA, Civil Services AA, Surrey WAAA, Middlesex WAAA, 2 per event. Invitation Men's events for 100m, 600m & 1500m.

30th June, 6.00 p.m. — **At Motspur Park.** City Charities Meeting. UL Past & Present for Tyrians Team v Civil Service, Business Houses, Insurance AA, Fire Brigade, Met. Police. Men & Women, 1 per event.

UL Ladies are holders of the Nuffield Cup. Men lost last year's match by only 4 points (we had no 400m Hurdler).

SUPPORTERS ARE WELCOME FOR ALL MATCHES

Please contact Nigel Kitchen, Club Captain at 30 Woodberry Crescent, Muswell Hill, N10, tel. 01-835 5881, Ladies' Captain, Jenny Forbes, 13F Colville Square, W11, or Dave Morgan, Team Manager at Motspur Park, tel. 01-942 0661.

SKIPTON & DISTRICT A.C. present SKIPTON'S FIRST SENIOR MEN & WOMEN 10 MILE ROAD RACE

ON TUESDAY EVENING,
11th MAY, Starting 7.30 p.m.

Venue: Skipton Rugby Club, Sandylands, New Carlton Road, Skipton.

This course has hills as well as being flat.

Awards: First 8 Senior Men, first women and first Vets.

Entries (O/18) to Richard Holmes,
2 Roughaw Road,
Skipton,
N. Yorks,
Tel. 61437.

Fee: £1.00.

Welwyn Hatfield Sports Centre Trust Limited

COACHING FACILITIES FOR YOUNG ATHLETES

The Gosling Stadium will be organising Coaching for Young Athletes between the ages of 14 and 18 years at the Gosling Stadium track on Thursday evenings 6.30-8.30 p.m., commencing 3rd June, 1982 for 4 week block sessions. The first block session will be — **3rd, 10th, 17th and 24th June.** The second block session will be — **8th, 15th, 22nd and 29th July.** These coaching sessions will be staffed by National and Senior B.A.A.B. Coaches.

The cost: Under 16 £2.00 per course
Over 16 £3.20 per course
Payable with application.

The events to be coached include:

Field events — Shot, discus, javelin, high jump, long jump, triple jump.

Track — Sprints/relays, hurdles, middle distance and steeplechase.

Equipment: Athletes are encouraged to bring their own implements but please make sure they are marked. Older athletes are also requested to bring starting blocks should they wish to.

PLEASE NOTE: Long jump, triple and high jump run-ups are all weather surface, therefore, spikes to be no longer than 6mm.

Application forms are available by sending a SAE to: W. R. Heague, Manager, Welwyn Hatfield Sports Centre Trust Limited, Gosling Stadium, Stanborough Road, Welwyn Garden City, Herts AL8 6XE.

SPOTLIGHT ON YOUTH

ALISON HOLLINGTON

Full name: Alison Mary Hollington. Born in Chelmsford (Essex), 20.9.64. Height: 1.55m (5'1"); Weight: 40kg (89lb). Is a member of Bournemouth AC and is currently studying for her 'A' levels. Coached by Tony Harris. Hobbies outside athletics include Modern Pentathlon, riding, skiing, sailing, squash and tennis. "Pippa, my sister, is in the National Squad for Modern Pentathlon. She ran for Dorset when she was at school and ran for London University in the 1981 National cross-country and was 95th in the senior race. Simon, my brother used to run cross-country at school". Became interested in athletics through the Pony Club! "Our club (Essex Farmers) are very keen on Tetrathlon and I got interested in running through Tetrathlon where you have to run 1500m, swim as far as you can in three minutes, ride a cross-country course and shoot at a target from 10 metres. When I went to boarding school, I ran for Dorset at cross-country and in the Spring term of 1979 I started training with Tony Harris who is a master at the Sherborne Boys School. That was when I started training properly; before that I used to go on a run each day with my sister. I joined Bournemouth AC in February 1981".

Has competed in the English Schools Championships six times at cross-country and three times on the track. At cross-country she placed 69th in 1977, 33rd in 1978 and 5th in 1979, all as a Junior, 22nd as an Inter in 1980, 1st as an Inter in 1981 and 1st in the Senior race in 1982. On the track she was 3rd in the Junior 1500m in 1979, eliminated in her 1500m heats as an Inter in 1980 and 4th in the Inter 1500m in 1981. Achievements during her career: 1981 — 1st Southern Inter CC, 1st National Inter CC, 3rd Schools CC International, 2nd Southern 3000m, 2nd 3000m Schools International, 4th WAAA Inter 1500m, 3rd 3000m Southern Inter-Counties. 1982 — 2nd Southern Inter CC, 1st National Inter CC.

Annual progression:

	800m	1500m	3000m
1978	—	5:10	—
1979	2:16.8	4:37.8	—
1980	—	4:41.0	—
1981	—	4:28.1	9:33.1

Favourite event is cross-country and she prefers 3000m on the track. Enjoys "when you have finished a race, making friends, keeping fit and fresh air". Dislikes "the tension before races".

Training: Typical week's training in winter: Monday — 2-3 miles fast running. Tuesday — 3×1500m, 5 minutes recovery. Wednesday — 3 miles steady running. Thursday — 8×400m with 2 minutes recovery. Friday — Rest. Saturday —



Alison winning 1982 Southern Inter title.

Peter Tempest

Race or 2-3 miles fast running. Sunday — 1 hour steady running over various terrain. **Typical week's training in summer:** Monday — 4×600m or 3×800m. Tuesday — 6×400m on grass. Wednesday — Rest. Thursday — 8×200m. Friday — Rest. Saturday — Race. Sunday — 1 hour steady running.

Performances which have given the greatest pleasure (prior to this year) were the 1981 National CC at Colchester and the 1981 English Schools CC at Exeter. Greatest disappointment: "The English Schools CC at Telford in 1980 and the English Schools 1500m in 1980. I was the fourth fastest loser but only three went through to the final". Considers her greatest rival to be Elise Lyon and particularly admires Seb Coe, Dave Warren, Daley Thompson ("because he is such a good all-rounder") and Joyce Smith ("because of her determination"). Her all-time goals are to run a fast time for the 3000m and to compete in the Olympics.

MARTIN BRIGGS

Full name: Martin Christopher Briggs. Born in Stoke on Trent, 4.1.64. Height: 1.79m (5'10½"). Weight: 70kg (156 lb). Lives in Stoke on Trent and is a member of City of Stoke AC. Coached

by John Bailey. Hobbies outside athletics include "playing my guitar and watching Stoke City when they play their home matches". Got started in athletics when "I won the City Junior Schools 100m and my mother suggested that I should join the local athletic club, which was City of Stoke, in 1976".

Has competed in the English Schools Championships three times: in 1979 when he finished 7th in the Inter 400H, in 1980 when he finished 2nd in the Inter 400H and in 1981 when he won the Senior 400H. Brief details of achievements in other major competitions: 1979 — 3rd Midland Youths 400H, 3rd AAA Youths 400H. 1980 — 1st Midland Youths 400H & 2nd 100H, 1st AAA Youths 400H & 6th 100H, 1st 'B' Schools International 400H. 1981 — 8th AAA Junior 400H, 1st Schools Nations Cup.

Annual progression:

	400m	110mH	400mH
1978	54.8	—	—
1979	53.2	14.8 (100m)	56.3
1980	49.4	13.6 (100m)	53.14
1981	—	15.0	52.75

Favourite event is the 400mH and he enjoys "meeting people and travelling about the country".

Training: Winter: Monday — 45 min. hill running and circuits. Tuesday — Mobility, hurdle technique work and 3 × 600m (or 3 × 60 sec runs). Wednesday — Mobility, bounding and harness and 3 × 4 × 100m turnabout. Multigym work. Thursday — Road Run. Sunday — Mobility, hurdle technique work and 500 × 400 × 300 × 200, 10 min recovery. **Summer:** Monday — Mobility

work and 2 × 3 × 150m. Tuesday — 400mH work, 5 × 5 hurdles. Wednesday — Sprint hurdles, 3 × 3, 2 × 5, 1 × 8; 400mH, 1 × 3, 1 × 5, 1 × 8. Sunday — 3 × 200m, full recovery. "Summer training is dictated by weather conditions as it is very difficult to hurdle around bends on wet grass!"

Performance which has given the greatest pleasure was "winning the AAA Youths 400mH in 1980, because I took the first six hurdles really badly and still managed to produce a personal best". Greatest disappointment: "The 400mH at the English Schools in 1980; I lost my concentration and hit the last hurdle". Main rivals: "Anyone who is in front or level with me at the eighth hurdle". Particularly admires Ed Moses, "because he has dominated 400m hurdling for the past five years". His long term aim is to be a regular member of the British team.

Comment: "I think that athletics should be open. After all, athletes provide entertainment for people just as actors or pop stars do, so why shouldn't athletes receive money".

SORRY, CAROL!



Omitted from the recently published UK sub-2:40 marathon list was Carol Gould of Barnet Ladies, who recorded 2:37:25 last year to rank 3rd among UK-based women.

Photo courtesy of Evian (Agencies) Ltd

NORTH STAFFS. AMATEUR CROSS COUNTRY LEAGUE

13th ANNUAL ROAD RACE

'JOHN OULTRAM MEMORIAL 10'

(Under A.A.A. Laws)

SATURDAY, 10th JULY, 1982

Starting at 3 p.m.

In Winghouse Lane, Tittensor, Stoke-on-Trent
(Just off main A34 Stafford — S-o-T Road)

Changing in nearby Tittensor Jnr School. Easy access from M6 and other main roads.

Team and individual trophies, good prizes as usual, including Vets team and Vets individual O/40, O/45, O/50, O/55 & O/60.

Entry Fee: Individual 60p. No team fee, but teams (A, B and Vets) to be declared at venue before start of race.

Entries to: G. Silvester, 23 Bevan Place, Madeley, Nr Crewe, Cheshire CW3 9JL, by 26th June, 1982, BUT entries are restricted to the first 400 received — so please do not delay your entry.

Please enclose SAE if acknowledgement required.

Cheques/P.O.'s payable to John Oultram Memorial Fund.

SALAZAR'S THIRD GREAT MARATHON

Just nine days after setting a personal best 10,000m track time of 27:30.00 in a desperately close finish behind Henry Rono (27:29.90) at Eugene (with Britain's Adrian Royle a superb 3rd in 27:47.16), Alberto Salazar captured the Boston Marathon on April 19th in 2:08:51 . . . just 2 sec ahead of 1981 London co-winner Dick Beardsley. John Lodwick was 3rd (2:12:01), Bill Rodgers 4th (2:12:38) and Ian Ray was the first Briton home in 18th place (2:18:11). Grete Waitz dropped out with leg cramp at 22M, leaving Germany's Charlotte Teske the women's winner in 2:29:33 ahead of Jacqueline Gareau (Can) 2:36:09.

BACK NUMBERS OF NUTS ANNUALS

Bob Sparks informs us that following the notice in 'AW' (March 20th) he is now out of stock of British Athletics/UK Athletics Annuals for the years 1970-74 and has only a sprinkling of back numbers for 1960-69. He has plentiful supplies of 1975 onwards. He asks that requests for pre-1970 editions should not be accompanied by payment as it would be less complicated for him to bill purchasers based on what he can supply. His address: 27 Mayfair Avenue, Worcester Park, Surrey KT4 7SH.

FREE ACCESS TO STADIA

Further to the announcement that Meadowbank Stadium had agreed to admit free of charge coaches who are bearers of BAAB Passbooks, the BAAB is please to announce that similar arrangements have been made in Wales at the following tracks: Glebelands Stadium (Newport), Cwmbran Stadium (Torfaen), Mawicky Stadium (Cardiff), Bargoed Stadium (Rhymney Valley), Jenner Park (S. Glamorgan) and Swansea Track (Swansea). The BAAB expresses its thanks to the local authorities involved.

The advertisement for the Liverpool Pembroke AC Open Road Race on page 50 of our April 10th issue failed to state that the race is over 20 miles. Entry fees of £1.00 per individual and £1.50 per team should be sent to Roger Walker, 23 Appleton Road, Walton, Liverpool L4 6UL, and not as printed.

The date of the Wrekin Fell Race at Telford has been switched from May 1st to June 26th. Further details to follow.

Correction to the UK Veterans Age Group Bests published last week: 45-49 JT: 46.02 Joe Phillips 1980.

WOODFORD GREEN A.C.
(Male Events Only)
1982 TRACK & FIELD
GRADED
PROGRAMME

Ashton Track
Chigwell Road (A113) Woodford Bridge
adjacent M11

Wednesday, 12th May

6.40 p.m. 3Km Walk
7.05 p.m. 200m, Shot, HJ
7.30 p.m. 1500m
8.10 p.m. 400m

Wednesday, 16th June

6.40 p.m. 100m
7.10 p.m. 800m, Hammer, LJ
8.00 p.m. 10,000 Southern Vets (Over 50)

Wednesday, 14th July

6.40 p.m. 3Km Walk
7.05 p.m. 300m, Shot, TJ
7.30 p.m. 3000m (not faster than 9 mins)
8.00 p.m. 600m

Wednesday, 11th August

6.40 p.m. 400mH
7.00 p.m. 3Km Walk, Hammer
7.25 p.m. 200m
7.45 p.m. 1500m (not faster than 4.10)
8.20 p.m. 3000m (faster than 8.50)

Wednesday, 8th September

6.40 p.m. 3Km Walk
7.05 p.m. 200m, Shot, HJ
7.30 p.m. 800m
8.15 p.m. 3000m

FEE 40p — 30p second event and U/20's.

ENTRIES "ON THE NIGHT"

Close — 20 mins before event

KINGTON FESTIVAL ASSOCIATION
**SIXTH ANNUAL
 OFFA'S DYKE
 '15'**

(Under A.A.A. & W.C.C.A. Rules)

HAY-ON-WYE to KINGTON

SUNDAY, 20th JUNE, 1982

Start 2.30 p.m.

15 miles along the Offa's Dyke Long Distance Footpath — a competition for individual Men, Women and Teams. Individual prizes, team trophies, medals and certificates.

Entry Fee: £1.00 (£1.25 if transport required back to start). No team fee.

All to enter as individuals using the official entry form, available from (enclosing SAE):

A. W. Lloyd Race Secretary,
 Swanclose,
 Hergest Road,
 Kington,
 Herefordshire,
 HR5 3EL.

ENTRIES CLOSE 5th JUNE, 1982

TORBAY ATHLETIC CLUB
**20Km OPEN
 ROAD RACE**

(Under A.A.A. Rules)

Sponsors — Whitehill Garages
 Torbay's Renault Dealers

SUNDAY, 1st AUGUST, 1982

OVER £100 PRIZES

Individuals & 1st 3 Teams (4 to score)
 Vets 1st 3 O/40, 1st 3 O/45, 1st O/50, 1st O/60

Ladies: 1st 3 Individuals
 (No Ladies changing facilities)

Entry £1.00 by Monday, 19th July
 20% discount for teams over 4 entries
 Double entry fee on the day

Starting time 3.00 p.m.

Details (SAE): Clyde Mills,
 Whitehill Garages,
 Barton Road,
 Torquay,
 Devon.
 Tel. (0803) 39444

Cheques/P.O.'s payable to Whitehill Garages Ltd.

**COSMOPOLITAN CLUB DE TAVERNY
 PRESENT**

**5^e MARATHON
 de TAVERNY
 PARIS FRANCE**



SUNDAY, 1.00 p.m. 26th SEPTEMBER, 1982

A SUPERBLY ORGANISED EVENT, A THREE LAP COURSE OVER GOOD ASPHET ROAD SURFACES WITH A MIXTURE OF TOWN AND COUNTRY CONDITIONS. AN INTERNATIONAL RACE ATTRACTING A VERY GOOD CLASS OF ATHLETE BUT WITH AN OVERALL TIME LIMIT OF 5 HOURS MEANS THAT IT IS OPEN TO ALMOST THE SLOWEST. MEDALS AND CERTIFICATES TO ALL FINISHERS. NORMAL MEDICAL AND FEEDING STATION BACK-UP.

WHY NOT BRING THE FAMILY OR A SMALL CLUB GROUP TO THIS GREAT RACE EXCURSION.

LIMITED TO THE FIRST 50 ENTRIES.

CLOSING DATE IS FRIDAY 23.7.82

INVITATIONS AVAILABLE ON REQUEST. MEN SUB 2.18 AND WOMEN SUB 2.50. PHONE FOR APPLICATION DETAILS.

FIRST COME, FIRST SERVED.

HURRY NOW BY POPPING A 9" x 4" SAE IN THE POST FOR FULL DETAILS OF ACCOMMODATION, RACE ENTRY AND TRAVEL TO:

BARRY WHITMORE,
 P.O. BOX 269,
 BRENTWOOD,
 ESSEX CM14 4NW.

TELEPHONE: (0277) 222260. EVENINGS ARE BETTER. 24 HOUR ANSWERPHONE IN SERVICE.

**THE FIRST
 CHESHUNT BUILDING SOCIETY
 HALF MARATHON**

(AAA & WAAA Permit applied for)

13.1 miles Start & finish in Cheshunt

on WHIT MONDAY, 31st MAY, 1982

at 2.30 p.m.

Limited to 500 runners of 15 years & over

**PROCEEDS TO
 A CHARITY FOR THE DISABLED**

TROPHIES/MEDALS: 1st 10 Men and 1st 3 Women; Vets; U/18's; Newcomers to 10 mile and over and Teams (4 to run, 3 to score).

CERTIFICATES: to all finishers.

ENTRIES: Fee £1 with 9x4 SAE to A. P. Michell, Cheshunt Building Society, 100 Crossbrook Street, Waltham Cross, Herts EN8 8JJ, or at any Branch of the Society, stating age on race day, if first race of 10 miles and over and Team.

Cheques payable to Cheshunt Building Society

CLOSING DATE: WED., 19th MAY, 1982

Tipton To Complete Double?

THERE is no reason whatsoever to doubt Tipton's ability to win the National 12-Stage Road Relay at Sutton Park today and thus complete the winter 'double' for the second consecutive year.

Most of their top runners used the Midland race three weeks ago to tune up and reacquaint themselves with the niceties of the course, and with Mike Kearns and John Wild (their two highest finishers at Leeds) to come in, they still have the strongest 'paper' 12 in the country.

After a disappointing 'National', Gateshead bounced back to win the Northern 12-Stage from Salford, and they, too have a couple of rather well known runners to add to their squad, in Barry Smith — who will be treating his long stage as the first serious test of his leg after a recent operation, and a form guide — and Dave Cannon. The North East club have never been out of the limelight for very long in recent years, and if they all go well are capable of giving Tipton a few worries today.

And as if by plan, Shaftesbury — the 'Southern' winners — can also name two more to their triumphant squad, Julian Goater and James Espir, although the latter's recent injury may keep him out of contention. Aldershot should have Bernie Ford, Roger Hackney, Martin Couldwell and Graham Tuck back to boost their challenge, and, if a full-strength Invicta team turns out, the battle for Southern supremacy alone should be worth watching.

If the recent spell of good weather holds, it could be one of the highest standard National 12-Stages for a long time — and surely it can't be any colder than last year.

(Full details of the Area Championships appeared in last week's 'AW').

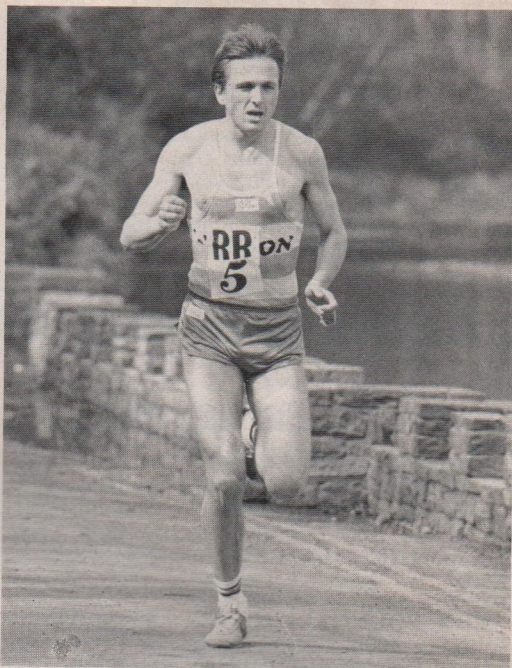
SUTTON PARK ALL-TIME LISTS

Overall times: 4:00:37 Bristol 1980; 4:01:51 Tipton 1980 (& 4:03:49* 1978, 4:04:55 1979, 4:05:33 1981); 4:03:25 Gateshead 1979 (& 4:03:44 1980, 4:04:14 1976, 4:05:00 1977); 4:04:44 Birchfield 1979; 4:05:51 Liverpool 1976; 4:05:52 Aldershot F&D 1980.

Long stage (5M 900y): 24:28 B. Foster 1974 (& 24:33 1979, 24:42 1978); 24:36 N. Rose 1979 (& 24:49 1980); 24:38 I. Stewart (Tip) 1978 (& 24:41 1978 Midland, 24:53 1975); 24:42 B. Ford 1980 (& 24:45 1975; 24:46 1978); 24:51 J. Goater 1979; 24:53 S. Jones 1980.

Short stage (3M 100y): 13:36 B. Smith 1980; 13:37 B. Foster 1976 (& 13:48 1977, 13:58 1975); 13:38 I. Stewart (Tip) 1980 Midland; 13:44 D. Moorcroft 1982 Midland; 13:52 N. Gates 1976 Midland; 13:52 I. Stewart (Inv) 1981; 13:53 M. Kearns 1979 Midland; 13:54 R. Smedley 1978 (& 13:55 1976).

B.T.



Tony Milovsorov running for Tipton in the Midland Road Relay at Sutton Park.

John Marshall



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STOCKPORT, GREATER MANCHESTER, SK2 6JA.

Travel News

DAVID DRYER TRAVEL LTD, 243 Euston Road, London NW1 (Tel: 01-388 7512/3), offers the following 'AW' Tours from London:

European Championships (Athens, Sept. 6th-12th 1982) 8 day air tour, dep Sept. 5th; from £335. 10 day air tour, dep Sept. 4th; from £375.

First IAAF World Championships (Helsinki, Aug. 7th-14th 1983) Registration form for 11 day air tours now available. From £425.

CLASSIFIED ADVERTISEMENTS

6p per word. Trade 12p per word, 6 insertions of same copy 11p per word, 13 insertions 10p per word, 26 insertions 9p per word — prepaid.

SPORTSGEAR — Best in the long run, R.W. 5 star Shoes — Nike, Mizuno, Saucony, Inter Silver Shadow, Pony and Brooks. Specialist print service on Ron Hill clothing. **34 Rose Lane, Liverpool 18. 051 724 5227.** Open 6 days 9.15-5.30.

FOR YOUNG ATHLETES 1st year. Track Sprinting 100m, 200m, 400m. Self-instruction interval training each event £2.50 pp 25p. Give age, event, times. **White, 71 Norburn, Peterborough PE3 8NT.**

MR PRESIDENT USA Sweatpants £6, Hooded Pullover Sweattops £7.50, Sweatshirts £5. Grey. S, M, L. POST FREE. **Herbie's, 64 Mount Road, Wallasey, Merseyside.**

CLUB COLOURS — Vests, Shorts, Tracksuits, etc. Send requirement details **Douglas Sports, 16 St. Martins Le Grand, London EC1A 4EP.**

MR. PETER H. WHITTAKER, Grade 1 Starter and Senior Sprints Coach, has moved to **55 Greenfields, Gosfield, Nr Halstead, Essex. Tel. 0787 472276.**

24 HOUR RELAYS: Would any team who has competed in a 24 hour relay, or any race director, please send full details to **Geoff Richardson, 2a Charnwood Grove, West Bridgeford, Nottingham NG2 7NT**, who is compiling a list of British rankings.

FIBREGLASS VAULTING POLES 50lb to 160lb from £47, **MECHANICS OF POLE VAULT (GANSLEN)** £3.50, **CLOTH TAPE AND BUNGS** — **Dr A. T. Neuff, 17 Lansdown Road, Sidcup, Kent.**

THE CIRCLE — Quarterly Shot/Discus/Hammer magazine — two year subscription £4.40 — **M. Jones, 152 Longdon Road, Knowle B93 9HV.**

For further details and booking forms for both the above events, apply to **David Dryer Travel Ltd.**

* * *
AMERICANA SPORTS TRAVEL (officially appointed by the British Olympic Association as sole ticket and tour agent for the 1984 Olympics).

Register now for the Winter Olympics (Sarajevo) and Summer Olympics (Los Angeles). Apply to Americana Sports Travel, Dorland House, 388 High Road, Wembley, Middx (Tel: 01-903 6841), quoting Ref. AW.

RE-SOLING £5.99 (free return postage). All leading makes. **Harrier Sports, 1 St. John's, Worcester, 427601.**

LLANDUDNO. SMALL GUEST HOUSE 2 mins. West Shore Beach, and Great Orme. B & B. £38.50 weekly, With E.D. £52.50. **Gardner, 35 Bryniau Road.**

RUN FOR THE IMPERIAL CANCER RE-SEARCH FUND. Help us to beat cancer — run the London Marathon on May 9. Sponsorship forms, T-shirts and badges are available from: **Don Woodhams. Tel: 01-940 7260.**

WOOLACOMBE, DEVON. Six berth caravan from £50 per week. Five minutes walk to 2 mile beach and sandhills. Athletes 10% discount. **F. R. Hartas, Bideford 6835.**

WORLD SPORTS INTERNATIONAL Athletics Annual 1953-1973. Athletic Weekly 1950-1981. Track & Field News 1965-1966, also 1956, 1960, 1964 Olympic editions. American Books: Track & Field, Charles Paddock, 1933; Championship Technique in Track & Field, Dean Cromwell, 1949; Bob Mathias — Champion of Champions, 1954. Offers. **Telephone 0933 224502.**

TRAINING DIARY £1.05 (B.A.A.B. APPROVED). Designed by Charles Elliott. Starts anytime! Lasts 18 months! New ninth edition. Training, Competition, Fixtures, Graphs and Schedules Sections! 31,000 Sold! We now have 240 different 'fun' & Commemorative stickers (stocks over 75,000!). Send for the new **STICKERS/BOOKS CATALOGUE**, Samples, £30-worth Discount 'Stamps'! (12½p stamp): **Arena, 325 High Road, London SW16 3NS.**

CASIO MEGA-VALUE FROM SPORTS-MAIL. NEW W20 WATERSPORT Black resin featherweight watch. Water resistant to 150 feet. Hour-min-sec-day-date-month display. Professional stopwatch. Lap, net, 1st-2nd place times. Alarm, night light, 5 year battery. £12.95 plus 55p p&p. **J100 PACER** at £19.95 post free. Cheque, P.O. or Access. **Sportsmail, (Dept. AW10), 9a Wells Drive, London NW9 8DH. 01-200 0674.**

ATHLETIC EVENTS

With over 22,000 copies going out weekly and an estimated total readership in excess of 50,000, an advertisement in "Athletics Weekly" can increase YOUR entries. Specially reduced rate for clubs (prepaid): £2.00 per cm (depth) for each insertion. Minimum size 3 cms. Display: ¼ page £17, ½ page £32, page £60. A remittance to cover all insertions must accompany order. Cheques and Postal Orders to be crossed and made payable to "Athletics Weekly". Copy deadline 12 days (Monday) before publication date. Booking of space is advised four weeks in advance.

EXETER UNIVERSITY A.C.

present the annual

ST. LUKES DECATHLON

(Under A.A.A. Laws)

Incorporating Devon A.A.A. Championship
AT CLIFTON HILL, EXETER
ON SAT/SUN., 29th/30th MAY
Senior Men/Junior Men/Youths/Vets

Send S.A.E. for entry forms to:

K. Eales,
c/o Exeter Univ. Athletic Union,
Cornwall House, St. Germans Road,
Exeter EX4 6TG.

DURHAM CITY H & AC

on behalf of

ROAD RUNNERS CLUB (N.E. No 1 BRANCH)

present the 19th annual

T. I. TUBE PRODUCTS LTD. 'CROXDALE 10'

(Under A.A.A. Laws)

Incorporating
the North Eastern Counties
10 mile R. R. Championships

SATURDAY, MAY 8th, 1982 at 3 p.m.

Tudhoe Grange Secondary School, Spennymoor

AWARDS: First four individuals Trophy + £20, £10, £6, £3. First 3 Vets (O/40) £6, £4, £2. First Vet (O/50) £4. First 3 teams (any number run, 6 to score), Trophy + 6 @ £7, 6 @ £5, 6 @ £3. First 3 Vets O/40 teams (4 score) 4 @ £5, 4 @ £3, 4 @ £2. First 2 RRC members. First 3 Individuals N.E. Champs. (birth or residential), Trophy + medals. RRC standards certificates.

ENTRIES: Individuals 50p (+10p for N.E. Counties). Teams £1.50.

To: J. McMahon, 28 Burnigill, Meadowfield, Co. Durham, DH7 8SA. Tel. 0385 781466.

Entries close 1st May, 1982.

RECORD HOLDER: R. Smedley (Birchfield) 47.24 (1981).

SRI CHINMOY A.C.

HYDE PARK '7'

(Under AAA and WAAA Laws)

Record — Gary Davies 35:25

SATURDAY, 22nd MAY, at 8 a.m.

7 mile race on hard paths and roads, mile markers/time splits, light breakfast.

Prizes: 1st 3 Seniors, 1st Vets O/40, O/50, O/60, 1st Woman, 1st Woman Vet O/35. 1st 2 teams (4 run, 3 score).

Entries: Send 50p (cheques) p.o.'s payable to Sri Chinmoy A.C. and state name, D.O.B., Male or Female, Club and S.A.E. for full details to Tony Smith, 17 Cardigan Road, Barnes, London S.W.13.

OVERTON HARRIERS

FIRST

WHITCHURCH CARNIVAL 5 ROAD RACE

SATURDAY, JUNE 19th, 1982
at 4.45 p.m.

PRIOR TO PROCESSION

Venue: Whitchurch Sports Centre.

Trophies and Medals
according to number of entries

Entries: 50p, to Keith Blakey, 8 Larch Drive, Kingsclere, Hants.

**BRING THE FAMILY
HAVE A RUN & SHARE THE FUN**

BEDFORD & COUNTY A.C. YOUNG ATHLETES MEETING

(Under A.A.A. & W.A.A.A. Laws)

MONDAY, MAY 31st, 1982
AT NEWNHAM TRACK, BEDFORD
Commencing at 11.00 a.m.

Girls (U/13) — 100m, 200m, 800m, L.J.

Junior Ladies — 100m, 200m, 800m, 1500m, L.J., H.J., Shot, Javelin, Discus.

Inter Ladies — 100m, 200m, 400m, 800m, 1500m, L.J., H.J., Shot, Javelin, Discus.

Colts — 100m, 200m, 800m, 1500m, H.J.

Boys — 100m, 200m, 400m, 800m, 1500m, 3000m, L.J., H.J., Shot, Javelin, Discus.

Youths — 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m S/C, L.J., H.J., Shot, Javelin, Discus.

Trophies — 1st, 2nd and 3rd in all events.

ENTRY FEE: 40p per event.

ENTRIES to F. E. Wooding, 54 Carlisle Road, Bedford, (0234) 64928 with date of birth, correct fee & SAE. No telephone entries.

**ENTRIES CLOSE MAY 17th, 1982
NO LATE ENTRIES
STANDARDS MEETING**

The Impact of Altitude Training

By Bill Dellinger, Head Track Coach, University of Oregon

"Since the 1960 Olympic Games in Rome, it's been noted that athletes raised and trained at altitude have excelled in long distance running events. The first athlete that I was aware of who exemplified this concept was the great Ethiopian marathoner, Abebe Bikila. I watched the barefoot Bikila win the Olympic marathon in Rome with such incredible ease that I, as well as many other runners and coaches, wondered what advantage he had. Only later did we begin to understand that Bikila was a product of generations of people raised at moderate altitude in the Rift Valley, and as such, he enjoyed enormous cardiovascular superiority over his competitors. As other moderate to high altitude Africans followed in Bikila's winning footsteps, we gradually began to see that altitude could be a major factor in sea level competition. At least we thought this might be true at the time.

Most of the athletic world was still unaware of this relationship until the 1968 Mexico City Olympics were held at an altitude of nearly 7,500 feet. Many of the endurance athletes who would compete at Mexico City trained at altitude in preparation for the games. The great American miler, Jim Ryun — the world record holder at the time — moved to Flagstaff, Arizona, which approximated the altitude of Mexico City. On the other hand, Ron Clarke, who was probably the greatest distance runner in the world in 1968, did not believe that altitude would be a factor, and he trained in his native Australia. Clarke was wrong, and did not win a medal. Ryun, who had trained and calloused himself to altitude, won a medal in the 1,500 metres, but it was still the Africans who thoroughly dominated, led by Kip Keino, who hails from the same Rift Valley area as Bikila. Athletes from African nations won every distance event in the 1968 Games. In the four years between the 1968 and 1972 Olympic Games, the altitude training movement began to take shape. The runners who had trained at altitude for Mexico City seemed to have gotten some residual benefits from their exposure to altitude. The first American long distance runner to really recognise the possible benefits of altitude training for sea level competition was Frank Shorter. After living and training in Gainesville, Florida, Shorter moved to cooler and higher Sante Fe, New Mexico. The rest is history. Shorter captured the gold medal in the marathon in the 1972 Olympics with ease reminiscent of Bikila's 1960 run.

Many top flight European athletes also trained at altitude for the 1972 Munich Olympics. During the winter of 1972, the Finns established a high altitude training camp in South America. Lasse Viren, who was then a complete unknown in the running world, spent several months at this camp preparing for what would be a double gold medal harvest. After victories by Viren, Shorter and another altitude trained Finn — Pekka Vasala in the 1,500 metres — one thing was clear: For the world class runner, it would be necessary to do some training at altitude before competing at sea level. It is the most efficient and fastest way to build endurance without overstressing the musculoskeletal structure". © Inspir Air Corp. 1981.

Now with the PO₂ Aerobic Exerciser, the worlds first portable altitude simulator, you can enjoy the benefits of altitude training without ever leaving home. The same device as used by world record holders.

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